



Attracting Your Perfect Body Through The Chakras (Paperback)

By Cyndi Dale

Crossing Press,U.S., United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. Best-selling author Cyndi Dale shows how to analyze your chakras-the body s centers of energy-to identify your personality type and achieve your ideal body. For each of the 11 types, she suggests complementary lifestyle habits to produce perfect physical and spiritual health.An interactive guidebook to understanding chakras and how to use them to improve your physical health and self-image.Details 11 major chakra body types with ideas for diet, exercise, style, attitude, and spiritual principles tailored to each type.Dale s books have sold more than 100,000 copies.



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