

Energy Secrets

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Synopsis

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Harness your energy and unlock your full potential to live a harmonious life.

Energy Secrets is the essential guide for anyone wanting to become the master of their own energy. Multi-award-winning healer and teacher Antonia Harman will show you how to transform your energy and thrive. From finding therapy in nature, mastering manifestation and avoiding the dark side, to why there is more to life than chakras, this audiobook will provide you with a toolkit to raise your vibration and help you feel more empowered in your life.

With exclusive insights into new cutting-edge energy work, Harvard studies in happiness and energy, *Energy Secrets* will empower you on your journey to understanding your energy field and will equip you with a plethora of action points to implement with life changing outcomes.

Reader's comments

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