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Secrets Of Face Reading
by Simon Brown
Godsfield £12.99

This is a fascinating book bringing a traditional Chinese art into the 21st century. Face reading was developed in ancient China as a means of determining a person's



disposition and well-being by analysing the shape and features of their face. Secrets Of Face Reading gives clear and straight-forward directions with plenty of background information to help you learn to read faces. The book gives a detailed account of the five-element system of Earth, Water, Wood, Fire and Metal and the human energy system as understood by Chinese philosophy. It is an attractively illustrated book, making it easy to read and follow. I can't wait to start putting my new found skill into practice!



Easy Eco Auditing by
Donnachadh McCarthy
Gaia Thinking
£7.99

Climate change is a subject we should all be taking an interest in. As a writer on the subject, it is something I am



interested in and have a deep understanding of. Easy Eco Auditing is an informative read, although it can be hard going at times. There is plenty of advice on offer to cover many areas of your life, allowing you to not only 'audit' your environmental impact, but giving you practical advice on how to reduce your effects on climate change at work and at home as well. A useful book, which can be used as a reference guide to dip into and a starting point to help get your life on a greener footing. A valuable resource for everyone.



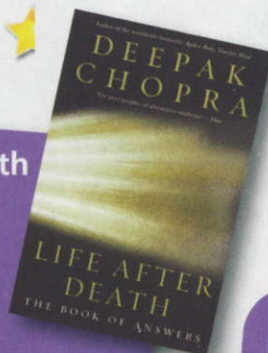
Your Angel Journey by
Joylina Goodings
O-Books £11.99

If you're interested in the mythology of angels and the angelic realms, this book is a fantastic reference. If you believe in angels, then this book is a must-read for you. Joylina Goodings' new book covers everything you could ever want to know about angels and how she suggests you use the power of angels to help you in your everyday life. Reading through this book you will discover Gooding's advice on how to connect to angels and bring them into your life to enhance your understanding and well-being as you progress on a journey of discovery and spiritual growth. The book is simply written and has easy to follow meditations and exercises for you to carry out.



Life After Death
by Deepak
Chopra
Rider Books
£7.99

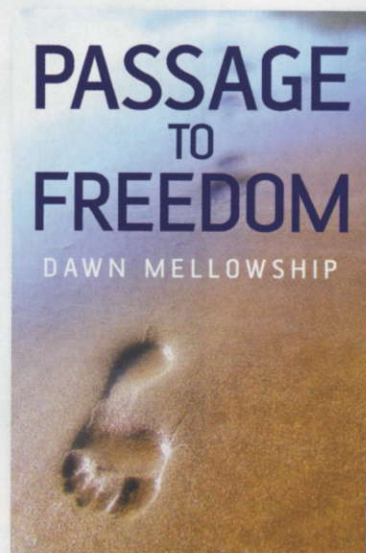
Life After Death is Deepak Chopra's book of answers, a spiritual guide to death. It reads like a story-book, using the author's spiritual heritage as a springboard to promote his understanding of death and of life. While there is much of value and interest in this book, there is also a sense of narrowness and a lack of a deeper vision. The book puts forward a persuasive argument for death being nothing more than a change of state or consciousness, with anecdotal accounts of near death experiences and reference to some scientific information. While this makes death something easy and safe, something we can all, if not look forward to, at least not fear, quite how grounded in fact or reality this view is, is open to question. I think the answer depends on the reader and their own level of spiritual awareness and understanding. I personally prefer a more honest and realistic approach to life and death.



Reviews

by Andy
Chrysostomou

**PASSAGE
TO
FREEDOM**
DAWN MELLOWSHIP



PASSAGE TO FREEDOM:
Path To Enlightenment
by Dawn Mellowship
O-Books £9.99

Passage to Freedom is a labour of love, a book the author has clearly written from the heart. Refreshingly honest and practical, there are none of the 'flaky' attitudes you would normally find in a spiritual book. Full of wonderful insights, the book explains in seven sections how to kick-start your spiritual growth and progress on a beautiful journey to enlightenment. Each section gives you practical and effective meditation exercises to use everyday to raise your spiritual frequency, help you heal on every level and take you closer to the Universe. By following the advice and using the meditations you can grow into the happy and fulfilled soul you truly are.

