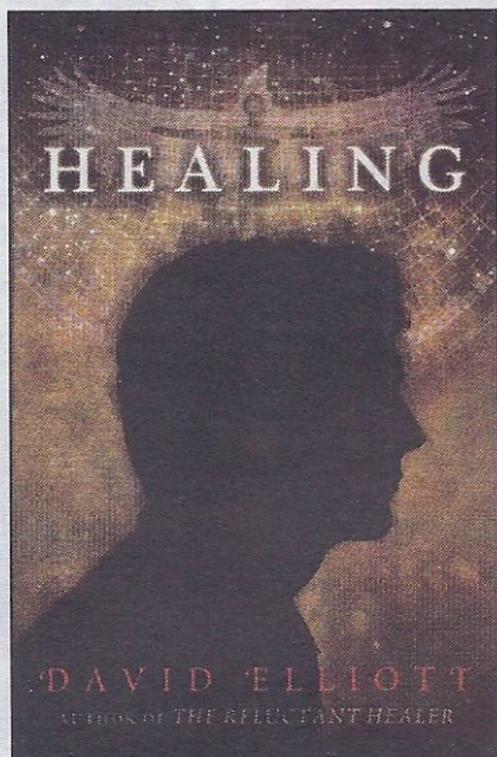


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## HEALING

by David Elliott  
 Hawk Press  
[www.davidelliott-healing.com](http://www.davidelliott-healing.com)

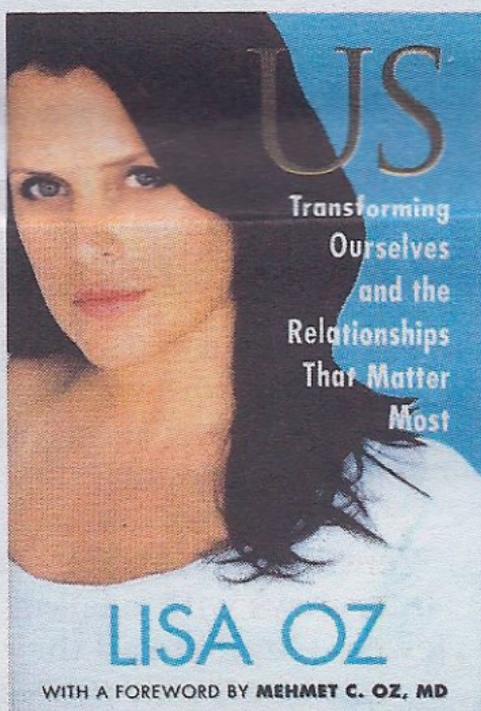
*Free.* The word conjures visions of liberation and happiness, healing and gratitude - it's also what the book costs\*, which lends a genuineness to both the intent *and* content. Contained in these pages are Elliott's deeply felt, wisely cultivated insights

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and observations about what it takes to become a *fully* healed human.

This is not a simple book, in that it does ask the reader to put in some effort, such as with the many optional exercises. It does, however, offer an

abundance of material clearly outlined and categorized, and would be an excellent precursor or reinforcement to counseling. Elliot has carefully formatted the information to make it understandable and sequential: start at the beginning, move conscientiously through each section and chapter, and you will arrive at a much greater place of understanding, self-appreciation, and peace.



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Many real-life examples are scattered throughout the book, conveniently assisting the reader with integrating the ideas. "Millions understand the process. But only actually *doing the work* will provide results," expounds the author. "It's time to make the move from understanding to experience." It would be wonderful if our schools taught subjects such as healing and happiness. Until they do, we can remain grateful for teachers like David Elliott. *\*Visit the website listed above for your free pdf version of Healing.*

**John Calabrese** is the Editor-at-Large at Creations Magazine and has a private counseling practice in Huntington, NY.