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Healing

By David Elliott

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In his first book, *The Reluctant Healer*, David told of his journey, during which he moved from the roles of actor/artist to that of healer, reluctantly, and only after people kept telling him of his abilities.



Besides doing healing work, David also teaches others how they can develop their healing abilities. The purpose of his new book is to support people in learning how to heal themselves and move into a place of self-love, confidence, and trust in the processes of life.

The book delights and inspires through the telling of stories from David's own life and from the lives of people he has helped. More than anything, though, the book is a self-contained workshop. An entire series of exercises are given which will guide the committed reader through their own process of healing. The book shares a lot of practical information the reader can use along their journey.

David is so passionate about this material that in addition to being able to purchase the book, a copy can be downloaded free from his website, where you can also download a free breathwork meditation. www.thereluctanthealer.com. Information about his upcoming workshops can also be found there. He will be in Seattle at East West Bookshop in July.

Get to know more about David by listening to an audio interview with him at www.newspiritjournal.com/media/ or go to the homepage and click on audio interviews.