

ARTISTS OF HEALTH

— by Tash Mitch

Take a journey into your own body, mind and energy through the personal stories of some of holistic health and complementary medicine's most expansive and creative practitioners and teachers including:

Patrick Holford - Nutrition
Valerie Austin - Hypnotherapy
Barefoot Doctor - Energy Work
Maya Fiennes - Yoga
Lynne Robinson - Pilates
Ali Campbell - NLP
Nikki Slade - Voice Work
Tim Wheeler - Sound Therapy

This book will give you an empowering 360 degree view of your own body's natural capacity and intelligence to heal.



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Complementary Therapy and Alternative Medicine through the eyes of its practitioners and innovators.

