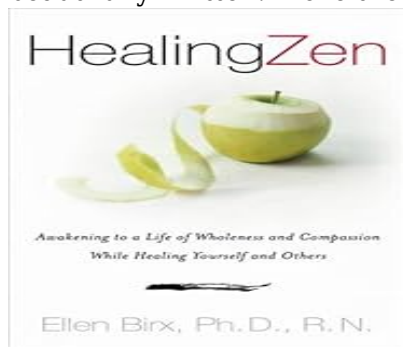


Healing Zen: Awakening Life Wholeness Compassion While Caring for Yourself Others By Ellen Birx

Healing Zen book

A nurse and Zen teacher introduces readers to the practice of awareness and meditation techniques designed to help restore wholeness and health tracing the links between spirituality and overall wellness. **Book healing mental illness** Healing Zen: Awakening Life Wholeness Compassion While Caring for Yourself Others One of the very best zen books: very practical healing wisdom and beautifully written: I love the book! Ellen Birx



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