

# On The Bookshelf

## Book and Media Reviews by Krysta Gibson

### Secrets of Success: The Science and Spirit of Real Prosperity

By Sandra Anne Taylor  
Hay House

If you are ready for a truly practical way to use the Law of Attraction, this is a book that can lead you there. Written by sisters Sandra Anne Taylor (author of Quantum Success and Secrets of Attraction) and Sharon Kingler, medium, speaker and author, the book offers the perfect blend of theory and practice.



Sandra takes the reader through an understanding of consciousness, energy, our energetic bodies, successful intentions, cosmic paradoxes, and the holographic picture of success. "Success isn't a future event; it's a holographic state of mind, a condition of being free – free from fear and want – no matter how much or how little you have."

Sharon gives some great practical tools to access our spirit and our true selves; how to get in touch with assistance from Spirit, higher guides, and angels; and how to find the source of all solutions.

This is a book you will want to highlight, underline, and – most of all – actually do the exercises given on an ongoing basis so you can also experience the secrets of success.

### Health Bliss: 50 Revitalizing Nature Foods & Lifestyle Choices to Promote Vibrant Health

by Susan Smith Jones, Ph.D.  
Hay House

Susan Jones' clients pay thousand of dollars for the information about health and diet success that are in this book. She shows how to select the healthiest and tastiest foods, explains how even a little exercise can help one's health plan, talks about the importance



of silence and solitude, and shows the reader how to make changes that can help one feel younger and more energetic.

What I like most about this book is its smaller size (under 200 pages) and its very clear and easy-to-follow layout. There is a tremendous amount of information as well as instructions for how to use the information and make lasting changes in your life.

### In Search of the Miraculous Healing Into Consciousness

By Eliza Mada Dalian  
Expanding Universe Publishing

It has been a long while since I have seen a book so full of practical ideas and exercises.

The ultimate goal of the book is to help us live in joy and love in every moment of our lives. In order to do this, of course, we must give up our egos and live as our true selves. Easy to say; not as easy to do.

Eliza walks the reader through how to surrender, moving through the seven bodies, healing through chakra development and clearing; working with our thoughts; breaking through the veils of illusion; and meditation and visualization practices.

This is really more of a workbook than a book to simply read. It would take diligence and practice to work with everything in here. The author will be at East West Bookshop August 23. This would be a great introduction to a fairly complex book.



### Leap Before You Look: 72 Shortcuts for Getting Out of Your Mind and Into the Moment

by Arjuna Ardagh  
Sounds True

Author Arjuna Ardagh says that millions of people are coming into the realization of the presence that we each are and now that they are beginning to have this realization, they can explore the "possibility of spiritual practice not as a means to a goal but as an endlessly unfolding exploration of a life of beauty, a life worth living."

Leap Before You Look is a collection of

simple exercises designed to shift us out of our mind and into the infinite possibilities of the present moment. Each is easy to read about and is also rated for the level of difficulty we might experience. There's such things as writing your own obituary; exploding with anger; feeling nature through your skin; and welcoming all feelings.

Some of the exercises will be fun to do while others could stretch us quite a bit. This is certainly a different sort of book and one to be lived with rather than simply read. It could take the reader to the next level of their spiritual processes.

### The Developing Intuition Deck: Practical Guidance for a Daily Life

By Shakti Gawain  
New World Library

This is a dandy little deck that you could use every day as you are working to develop the ability to use your intuition. Intuition is something we all have and when we know how to use it, we can achieve goals, fulfill desires, and protect ourselves from danger much more easily.

Each card gives quotations from author Shakti Gawain who has been teaching about the development of intuition for over 25 years. "Intuition is an important resource that can greatly contribute

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