

the healing path

January/February 2009 FREE

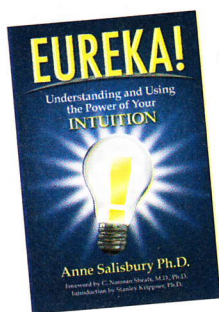
magazine for earth, body, mind and spirit www.healingpath.com

THP BOOK & MUSIC REVIEWS

EUREKA! *Understanding and Using the Power of Your Intuition*

By Anne Salisbury, Ph.D.

Reviewed by Laura Lee Carter



Human beings have survived for many thousands of years using the inherent power of their own intuition. All great discoveries are the result of intuition — in art, music, poetry, science and daily life. So what is it, and why is it so important? Can you do some-

thing to become more intuitive?

Dr. Salisbury's book first provides an exact definition of intuition, points out its importance in the history of humankind and then shows you how to use your own more effectively. *Eureka!* is a resource that satisfies both your left and right brain by giving you a thorough understanding of intuition as well as many creative tools that you can use to achieve your goals. It also includes the "Eureka! System," a step-by-step process to begin improving your intuition today.

If you've ever wondered how intuition works, how to increase access to your own, and how meditation, self-hypnosis and dream work can assist you in the workplace and your everyday life, this is the book for you.