**The Healing Series: Book Two**

***Healing with Awareness: Activating the Body-Mind-Spirit Connection to Restore Health and Well-Being***

*Healing with Awareness* is for all who wish to increase their awareness of the body-mind-spirit connection and to use this connection to heal on all levels. Key characteristics of the healing process are presented using stories from Mary Ruth Velicki’s personal experience as well as from her work with clients who are actively working to heal in a holistic way. The book also includes activities that help readers to heal through body-mind-spirit awareness. In addition, the social nature of healing is explored, including how relationships can push us to grow and how we can help each other in the healing process.