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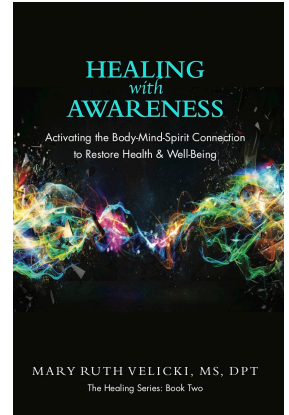
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USING THE BODY-MIND-SPIRIT CONNECTION TO RESTORE HEALTH & WELL-BEING HEALING CONCEPTS PRESENTED THROUGH REAL-LIFE STORIES

Healing with Awareness is the second book in The Healing Series. This self-help book describes universal characteristics of healing and gives the reader practical ways to tune in to the body-mind-spirit connection to heal on all levels. Key characteristics of the healing process are presented using stories from the author's personal healing 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. This book 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. This process can be used to move out of physical or emotional suffering, or to simply live with more peace and joy.



Author Credentials

Mary Ruth Velicki, MS, DPT, has been focused on healing throughout her adult life. For over twenty years, this was through her work as a physical therapist specializing in the treatment of adults with neurological deficits. She developed and taught graduate courses at several universities and published research in the journal *Experimental Brain Research*. Healing became personal as she worked for years to heal from debilitating pelvic pain and learned to tune in to the body-mind-spirit connection in order to heal on all levels. In the first book of the series, *Healing Through Chronic Pain*, the author recounts her five-year journey to heal through debilitating pelvic pain. Readers accompany her through the experiences that changed her from a skeptical, physical therapist to one with a holistic view of health. The author uses her experiences as a physical therapist and a patient to give the reader concrete healing tools, support and hope. Mary Ruth now works with clients with complex conditions that have not healed with western-medicine alone combining her physical therapy background with the holistic bodywork and energy work that helped her to heal. Over the past five years, she has been invited to speak about healing and the body-mind-spirit connection in many venues including: retreats, seminars, sermons, and university lectures.

Visit <http://healing-body-mind-spirit.com> for contact details, media copies, and photos.

BOOK INFORMATION

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

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