



# Crystals: 19 Amazingly Popular Crystals for a Healthier and Happier Life

*Laura Foster*

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## **Crystals: 19 Amazingly Popular Crystals for a Healthier and Happier Life** Laura Foster

While there are many different kinds of healing stones and crystals, they all share the same source: the Earth. This book will explore the reasons why crystal healing is such an effective alternative medical technique to guard you against disease, and then outline nineteen separate crystals and the positive benefits of each one.

Each of these crystals truly has incredible holistic healing abilities, and can be used for a variety of applications such as touch healing, chakra balancing, and meditation.

For instance, did you know that you can use the electric potential of quartz to help calm your stress? Did you know that you can use sodalite to help gain more intuitive knowledge? Or that you can use citrine to help raise your self-esteem?

These are just three examples of the nineteen separate crystals you will learn about and the benefits to using each one. If you've been looking for information on healing crystals for some time now, you've definitely come to the right place.

The benefits for you will be more positive energy flowing into your body to cure the negative energy that only causes more stress and even disease. But this will only be possible if you read this book, so get started soon!

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