

HOWELL CANYON PRESS



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Personal Growth Workbook Shows How To Get the Most Out of Life

The Journeying Workbook: Adventuring to Unleash Your Inner Power shows readers how to set themselves free to really live. It provides an easy, step-by-step way to journey into the deep recesses of the mind and beyond to bring back a wisdom that readers never knew they possessed. With this unique practical manual readers can:

- Discover accurate and dependable guidance for all situations
- Gain a deeper understanding of self and others
- Experience the fun and wonder of exciting inner adventures

This life-changing workbook includes 100 healing journeys and everything the reader needs in one book to help with each important area in life.

Trisha Howell wrote sixteen books in four years (publishing six in one year alone) using the techniques in this book. She is a lifelong student of all paths to deepening wisdom and optimizing well-being. Ms. Howell has extensively studied yoga, meditation, energy healing (especially Reiki), massage, herbalism, shamanic journeying, Tensegrity, and a variety of spiritual and religious traditions. She has MAs in Philosophy and Humanities from Stanford University as well as an MA in Critical Film Studies and Screenwriting from the University of Southern California.

Howell Canyon Press was founded in 2000 and features health-promoting and uplifting books that celebrate and enhance human functioning at our maximal physical, mental, emotional, and spiritual potentials. Howell Canyon Press is currently publishing in the areas of children's and juvenile literature, health, humor, fiction, animal, and metaphysical. Their mission is to uplift, entertain, and educate.

The Journeying Workbook: Adventuring to Unleash Your Inner Power, by Trisha Howell. Personal Growth/ Self-Help. Retail price \$15.95, Howell Canyon Press, 168 pages sc 8.5" x 11" ISBN 1-931210-06-3. Available at your local bookstore, www.HowellCanyonPress.com, www.AddisonTheDog.com or from Biblio Distribution and your favorite wholesaler (Baker & Taylor, Ingram, Partners West, Quality).

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