

Gems & Crystals (Mobius Guides)

Kristyna Arcarti

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The Mobius Guides provide a fascinating overview to help readers come to grips with the basic principles, practices, and background of each subject area. Enlightening and fully accessible, these great introductions are ideal for the beginner, or for those who simply want to widen their knowledge in different areas. This guide explains how to use crystals and gemstones for everything from relieving stress and promoting better physical health to using stones as an aid to spiritual healing and well-being. Helpful and enlightening, it covers birthstones and astrology, color healing with gemstones, and advice on consulting a crystal therapist.



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