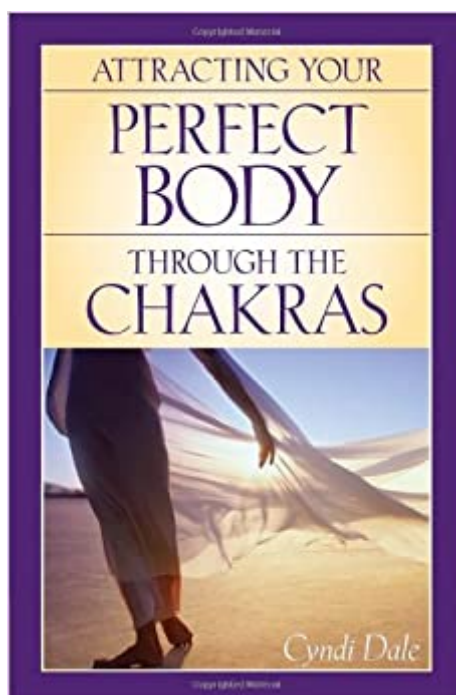


The book was found

# Attracting Your Perfect Body Through The Chakras



## Synopsis

Best-selling author Cyndi Dale shows how to analyze your chakras-the body's centers of energy-to identify your personality type and achieve your ideal body. For each of the 11 types, she suggests complementary lifestyle habits to produce perfect physical and spiritual health. An interactive guidebook to understanding chakras and how to use them to improve your physical health and self-image. Details 11 major chakra body types with ideas for diet, exercise, style, attitude, and spiritual principles tailored to each type. Dale's books have sold more than 100,000 copies.

## Book Information

Paperback: 138 pages

Publisher: Crossing Press (March 1, 2006)

Language: English

ISBN-10: 1580911749

ISBN-13: 978-1580911740

Product Dimensions: 5.3 x 0.3 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #355,340 in Books (See Top 100 in Books) #203 in Books > Religion & Spirituality > Hinduism > Chakras #528 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #837 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism

## Customer Reviews

\* An interactive guidebook to understanding chakras and how to use them to improve your physical health and self-image. \* Details 11 major chakra body types with ideas for diet, exercise, style, attitude, and spiritual principles tailored to each type.

CYNDI DALE is the president of Life Systems Services, a highly successful corporation that provides organizations and individuals with intuitive-based consulting and life-issues counseling. Cyndi travels extensively leading national seminars on the intuitive energy system and how it can change your life. She resides in Minneapolis, Minnesota.

Great little book, and surprisingly spot on. I love Cyndi Dale's books, and this one did not disappoint! Great guide for determining your predominant chakras, and the self care necessary given your

body/personality type (based on said chakras).

A very interesting read.

This book brings you on a journey of self-discovery. Full of meaningful and useful exercises and reflective opportunities.

Gives so much clarity and insight.

This was a really interesting book. Had some different approaches and insights which made it valuable. Quick read. High level overview with some practical tips.

I learned more about chakras. I found it interesting and helpful and right on about my personality. Useful while healing chakras.

so far i love it and hoping it keeps going the way it is going that way so i will keep reading and enjoying it

I purchased this book specifically to be able to custom evaluate my own chakra strengths and weaknesses. I successfully did that. The 66 question test asks 6 questions for each of our 11 chakras, and divides our chakras, by answers, into Strong, Supportive and Weak. Then it gives specific exercises for us to practice, depending on how many of each type we have. A good amount of detail is given for each chakra, and how each impacts our life and actions based on their inter-relatedness according to strength level. The book is well organized, simply written and approaches the topic from a non-technical Western viewpoint. Note that this is the only book I have found so far that covers this type of customized test. It rates only 4 stars because it needs to be applied in conjunction with Dale's other book "Complete Book of Chakra Healing" for maximum usefulness.

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