

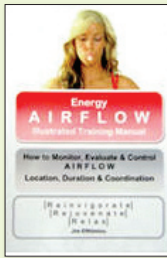
Look • See • Hear



LET YOUR PAST GO AND LIVE *By Avril Carruthers/ Published by Allen & Unwin*

Psychologist Avril Carruthers discusses the function of conditioned characters we adopt in our lives, in her reflective book *Let Your Past Go And Live*. By letting go and living in the present and engaging in genuine, conscious communication, we can evolve into higher equivalent roles designed to unfold our true selves and life purpose. Moving from the personal to a transpersonal level, Carruthers believes, is where true, lasting growth begins.

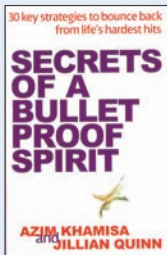
Reviewed by Fotini Dangiris



ENERGY AIRFLOW ILLUSTRATED TRAINING MANUAL: HOW TO MONITOR, EVALUATE AND CONTROL AIRFLOW LOCATION, DURATION AND COORDINATION *By Jim Eftthimiou/ Published by Aeror Publishing / www.BreatheAeror.com*

If you practice yoga or tai chi, you are probably already practising energy airflow. This book will help you to understand how you can achieve and maintain your rhythmic airflow to regain energy. Learn how to relax, rejuvenate and reinvigorate and utilise your airflow to give you more energy and a greater sense of wellbeing. Let this book be your personal trainer.

Reviewed by Merril Morgan-Simmonds



SECRETS OF A BULLET PROOF SPIRIT: 30 KEY STRATEGIES TO BOUNCE BACK FROM LIFE'S HARDEST HITS *By Azim Khamisa and Jillian Quinn/Published by Allen & Unwin 2009*

The focus of *Secrets of a Bullet Proof Spirit* is on how to recover and benefit from life's hardest hits. It details 30 key strategies to achieve this. I benefited immensely from reading the book, despite having an extraordinary and intense life 'battle experience'. The authors clearly know what works. Sort out your inner core/spirit, the foundation upon which the rest of your life depends, and your life will improve significantly. This book provides the key knowledge and shortcuts you need. This is one of those rare books that should be on everyone's top 10 reading list. It is that good. Get a copy for yourself and those you love today.

Reviewed by Alex Webley



THE SEPTEMBER ISSUE *Directed By R.J.Cutler / www.TheSeptemberIssue.com*

In his document, *The September Issue*, Director R.J. Cutler takes you on an intimate look at the highest regarded woman in the world of fashion, Vogue editor-in-chief Anna Wintour. It follows the nine months leading to the making of the single largest issue of a magazine ever published, Vogue, September 2007. Beyond the superficial world of fashion it is in essence a film about two very passionate women, Wintour and creative fashion genius, Grace Coddington. Their love and dedication for what they do really shows through in this fascinating look inside a world many never get to see.

Reviewed by Birri O'Dea



HEALING MEDITATIONS FOR CHILDREN *By Raphael Alexander Segal*

This amazing young light worker is a gifted storyteller who moves into the heart of all who listen. His gentle voice captures the essence of his love for the angels and their healing powers. While these meditations have been created for children, I am sure adults will be delighted at the profound messages that come from the pure and innocent heart of Raphael.

Reviewed by Suzy Lily



BREATH OF LIFE - HEALING WITH THE SOUNDS OF SIRIUS *By Lia Scallon / www.SoundsOfSirius.com*

Focusing on the passage between life and death, Scallon's channelled offering promotes healing from a deeper source for those in the process of leaving this earth and for those grieving the loss of a loved one. Scallon's distinct sounds transform the listener into a state of complete abandon, encouraging the release of earthly grievances and fears in order for the soul and spirit to move on towards the next journey.

Reviewed by Fotini Dangiris