



# The Crystal Healing Pack

*Judy Hall*

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## **The Crystal Healing Pack** Judy Hall

Feeling a bit stressed out? Forgetful? Depressed? Perhaps it's time you tried using crystals to bring your spirit and body back into balance. *The Crystal Healing Pack* is a comprehensive introduction to using crystals and comes with 12 stones (7 stones for chakra work, and 5 'master healer' stones) and a practical book with instructions for using crystals to enhance your life and spirit. Author Judy Hall has been using stones in her healing and divination work for more than 30 years. She will be your gentle guide, teaching you how to harness the holistic healing properties of different crystals to improve your memory and concentration, invigorate your energy, reduce stress, balance and strengthen your chakras, and even heal depression and anger.

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