



## Chakra Secrets (Paperback)

By Becca Chopra

Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. An Inspirational Memoir and More from Becca Chopra, best-selling author of The Chakra Diaries: Rebecca s fascinating path from aspiring actress to respected yoga teacher and chakra healer is a page-turner that entertains while it shares deep wisdom. Navigating through the betrayals and brutal loss of her husband, the illness of her best friend, and beyond loss and guilt, she explores yoga, meditation, chakra balancing, kundalini, tantra, macrobiotics, past-life explosions and treacherous temptations as she finds love and happiness. She shares all her chakra secrets, including the instant healing technique you can use, anytime, anywhere.



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