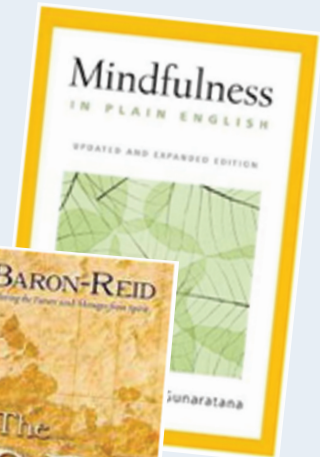
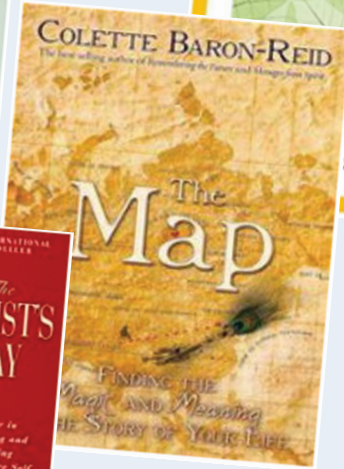
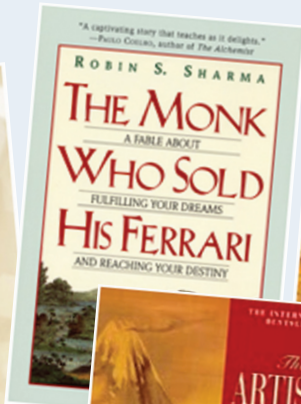


Summer Reading Picks

from the staff of the Mystic Journey Bookstore



As you lie in the sun, sit by the pool, or ride your bike along the boardwalk, you may find yourself pondering life's bigger questions. Search inside these books to help you on your journey towards the answers:

The Angel Therapy Handbook
by Doreen Virtue

Doreen Virtue has helped thousands become certified Angel Practitioners. She has now compiled her teachings into one wonderful book, *The Angel Therapy Handbook*. This book will hone your skills to assist you with psychic readings, spiritual healings, and connecting with the angels and archangels all around you. Through readings, exercises, and other tools, this is a vital handbook to have in your spiritual toolbox.

Spirited
by Rebecca Rosen

This down-to-earth book, tells the story of how author, Rebecca Rosen, went from being your average twenty-something to discovering her gift as a medium and psychic, with a waiting list for readings three years long. Her goal in writing this book is to make her job obsolete. She wants everyone to learn and hone their own skills to connect with their own spirit, spirit guides, and the higher powers. Through exercises, meditations, and intriguing anecdotes, she guide readers in discovering their own powerful intuition.

During long summer days you may find yourself yearning to discover a new path or revisit an old creative longing. These books are proactive steps to help you discover or rediscover your artist within:

The Artist's Way
by Julia Cameron

With the basic principle that creative expression is the natural direction of life, Julia Cameron and co-author Mark Bryan lead you through a comprehensive twelve-week program to recover your creativity. They identify a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, and replace them with artistic confidence and productivity. This book links creativity to spirituality by showing how to connect with the creative energies of the universe.

Writing Down the Bones
by Natalie Goldberg

The subtitle, *freeing the writer within*, says it all. This is a practical guide to writing which throws the rules of writing out the window to open readers up to the Zen of writing. Her exercises and anecdotes teach the writer to use free flowing form to open the body, mind, and soul up to creating great work.

Whether you look up to the stars or within yourself, these books will enlighten and inspire:

Astrology for the Soul
by Jan Spiller

This is the book that professional astrologers go to for their own guidance. Want your talents to shine, your desires to be released, and to let go of old negative energies? This book will show you how. It goes beyond your sun sign into your North Node, and teaches you how to achieve your greatest desires by giving you the keys to release all that holds you back.

Mindfulness in Plain English
by Bhante Henepola Gunaratana

This "nuts-and-bolts" guide to meditation will change your life, so be ready to dive in with both feet. The book guides you through the who, what, when, where, and whys of meditation and gives simple, straight-forward answers. Learn the fundamentals of meditation that will move you forward in leaps and bounds.

And when you're in need for inspiration to find a new path, try these:

The Monk Who Sold His Ferrari
by Robin S. Sharma

This fable tells the story of a too-busy-to-care lawyer whose focus is on his work and material possessions until he is hit with a heart attack. With a new found respect for life, he sells all his possessions and travels around the world to the Himalayas in order to find enlightenment. This #1 worldwide bestseller, delivers pearls of wisdom at every turn during a search for meaning and enlightenment.

The Map
by Colette Baron-Reid

This is a magical book that lays out the map of your life as an adventure. With playful characters such as the Gentle Gardener, The Bone Collector, and the Wizard of Awareness, this book makes unlocking your destiny and learning to break down your own road blocks fun and whimsical. Take back the power and find joy and purpose in your life.

Mystic Journey Bookstore

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