

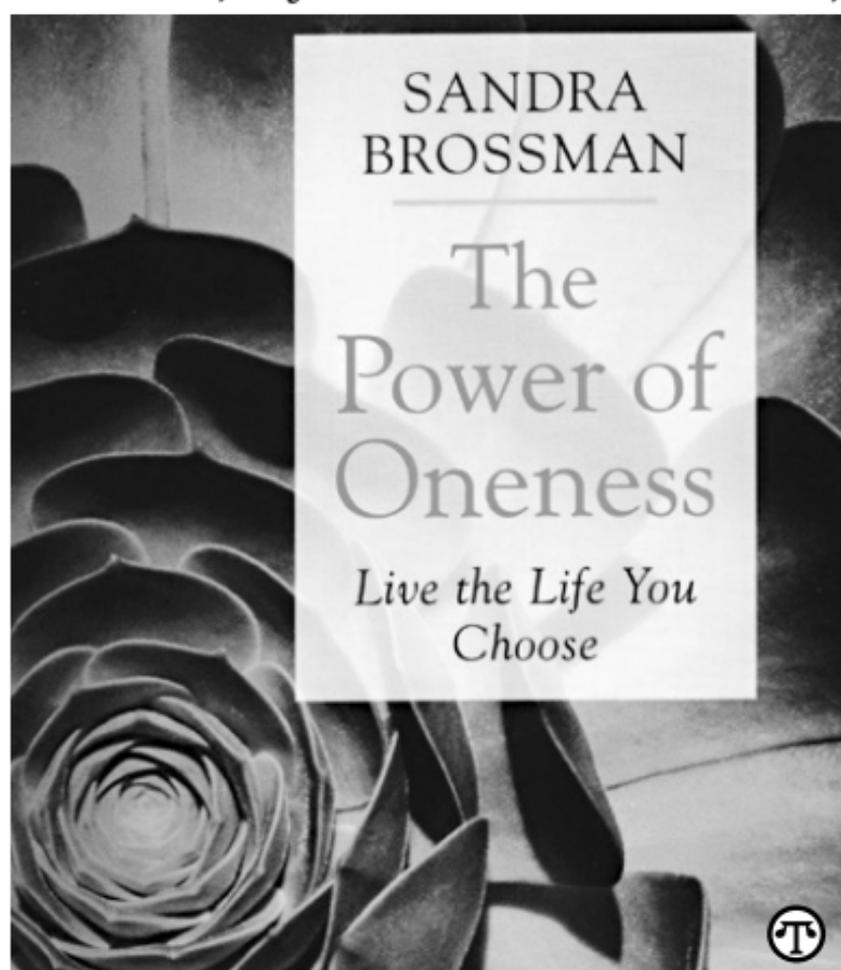


# Books Worth Reading

## Wellness And Forgiveness

(NAPSA)—Many people may soon feel better about themselves and their lives by using forgiveness as a tool to move beyond pain and resentment of past experiences.

A new jargon-free book, “The Power of Oneness: Live the Life You Choose” (\$16.95, RedWheel/Weiser), by Sandra Brossman,



**Spiritual healing may be at hand with help from a fascinating new book.**

spiritual counselor and holistic healer, says forgiveness means no longer being bound to someone else through pain. Shedding anger, she points out in both her book and her Power of Oneness workshops, brings new energy, peace and freedom from the past—gifting ourselves with emotional and physical health.

The book is like a personal trainer for the soul that offers practical ways to bring spirit into everyday life.

“We all have the ability to experience the amazing inner peace that comes from unconditional love of self,” Brossman says.

For more information, please visit [www.thepowerofoneness.com](http://www.thepowerofoneness.com).