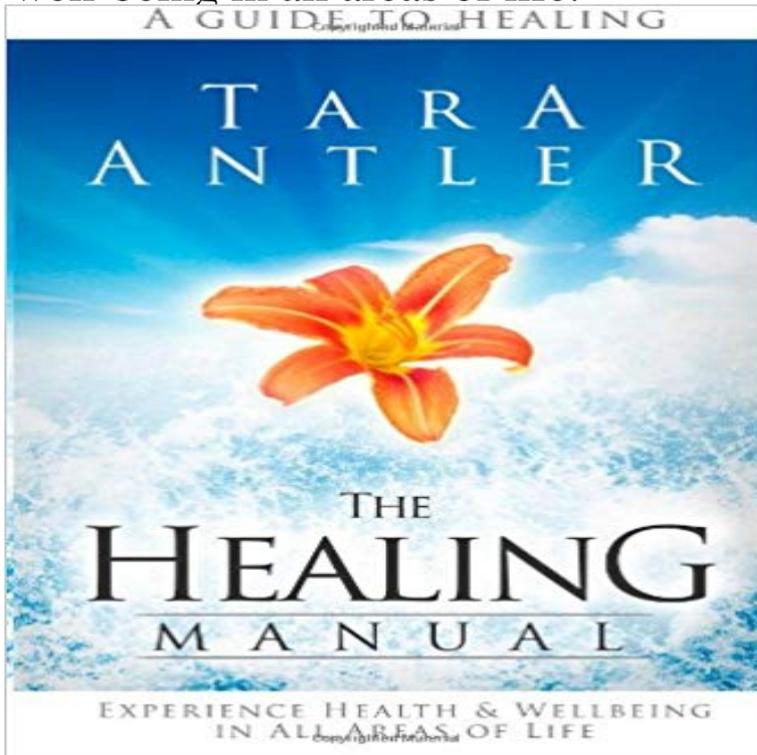


The Healing Manual: A guide to healing. How to experience health & well-being in all areas of life.



The first three things anyone can do when healing is required is: take a pause; tune in to their own self and body; and find out what it needs. Whatever you are experiencing or moving through in your life, taking time to listen to your pains, discomforts, flare-ups, and imbalances is an essential part of healing. By listening to what is being communicated to you, you begin a fascinating and eye-opening journey inward discovering more about you, why things happen, and the connection between your mind, body and spirit. This empowers you to see contrast, make different choices that are in alignment with where you want to be, and refocus your energy and thoughts to a place of wellbeing, thereby creating positive change within your body, emotions, relationships and your entire life. This will ultimately guide you to the appropriate level of healing that you require in that moment. Throughout this book discover how easy it is to heal and return to harmony in all areas of your life. Learn how to powerfully listen to your body, its signals and what its saying to you. Experience how to work with the mind in a loving and supportive way, instead of being run by it. Uncover the powerful creative force of your emotions and allow them to show you whats going on under the surface. Become aware that life is always happening through you rather than to you. Receive powerful healing tools that can be used anytime, anywhere and by anyone. I INVITE YOU TO TAKE THIS HEALING JOURNEY WITH ME & REMEMBER HOW POWERFUL YOU ARE, FROM THE INSIDE OUT! Tara Antler, BHSc Love-Ignitor, Intuitive Healer, Facilitator of LIGHT, Mentor & International Speaker. Founder of The Academy of LIGHT & Tara Healing Sanctuary.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and

more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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