



True Balance: A Commonsense Guide for Renewing Your Spirit

By Sonia Choquette

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"When you balance your seven energy centers, you reclaim your natural rights and reestablish your natural order. You begin to undo the damage that was caused by living your life backward, from the head first, forgetting the body and spirit altogether. As with everything in nature, if your life isn't supported by a grounded source of energy, it will wither and lose its vitality. As you learn about the chakras, you will discover that balancing them isn't particularly hard, especially if you think of it as a process of not just living your life, but actually loving your life." -- From the Introduction

How can we balance our time and energy when our days are so hectic? How can we find harmony in mind, body, and spirit? In *True Balance*, renowned intuitive and spiritual healer Sonia Choquette presents a step-by-step workbook for finding balance within our seven essential energy centers, or chakras. Drawing upon her deep personal experience and practice, she offers a wise and down-to-earth guide to achieving harmony. With supportive questionnaires, practical advice, and many specific remedies, Choquette leads us to a balanced life filled with creativity and blessings.

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Editorial Review

Review

"Sonia Choquette is not only a master spiritual teacher, she is a teacher who shares her recipe for living in a series of clear, simple, doable steps." --Julia Cameron, author of *The Artist's Way*

From the Inside Flap

"When you balance your seven energy centers, you reclaim your natural rights and reestablish your natural order. You begin to undo the damage that was caused by living your life backward, from the head first, forgetting the body and spirit altogether. As with everything in nature, if your life isn't supported by a grounded source of energy, it will wither and lose its vitality. As you learn about the chakras, you will discover that balancing them isn't particularly hard, especially if you think of it as a process of not just living your life, but actually loving your life." -- From the Introduction

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From the Back Cover

"This book is a must read for everyone who desires to heal some aspect of their life. Balance is the essence of life, and Sonia eloquently teaches how to achieve that harmony which is our birthright. I highly recommend **True Balance**."

Ron Roth, spiritual healer and author of *The Healing Path of Prayer and Prayer and the Five Stages of Healing*

"**True Balance** is a great step-by-step guide to opening up to our fuller spiritual awareness."

--James Redfield, author of *The Celestine Prophecy* and *The Secret of Shambhala*

"In **True Balance** Sonia Choquette takes the mystery out of staying balanced, both physically and spiritually. She offers a clear explanation of our chakras and how they influence our daily lives."

--Salle Merrill Redfield, author of *Creating a Life of Joy*

Users Review

From reader reviews:

Tony You:

This *True Balance: A Commonsense Guide for Renewing Your Spirit* book is simply not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This particular *True Balance: A Commonsense Guide for Renewing Your Spirit* without we understand teach the one who studying it become critical in thinking and analyzing. Don't

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Maria Tate:

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Irene Gonzales:

True Balance: A Commonsense Guide for Renewing Your Spirit can be one of your basic books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing True Balance: A Commonsense Guide for Renewing Your Spirit yet doesn't forget the main position, giving the reader the hottest as well as based confirm resource information that maybe you can be considered one of it. This great information may drawn you into brand new stage of crucial pondering.

Salina Rodriguez:

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