



## Intuition: Unlock the Power! (Paperback)

By Dr. Cate Howell

Exisle Publishing, Australia, 2015. Paperback. Condition: New. Language: English. Brand New Book. Intuition is something most of us would have experienced at one time or another; it s that gut-feeling or inner voice or `sixth sense. But can we actively develop our intuition and learn how to better utilise it? Author Dr Cate Howell believes we can, and shows us how in `Intuition. In this fascinating book, Dr Howell explores how intuition has been a part of philosophy, psychology, religion and spirituality, from ancient times right up to the present. She also looks at the science behind intuition, and how our experience of it can be described in terms of our brain function. Finally, she sets out a practical seven-step program for developing intuition and using it to enhance everyday life so that we experience an increased sense of peace, purpose and joy. Practical exercises and meditations are included throughout the book, inviting us to unlock the door to our own intuition garden and encourage it to flourish.



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