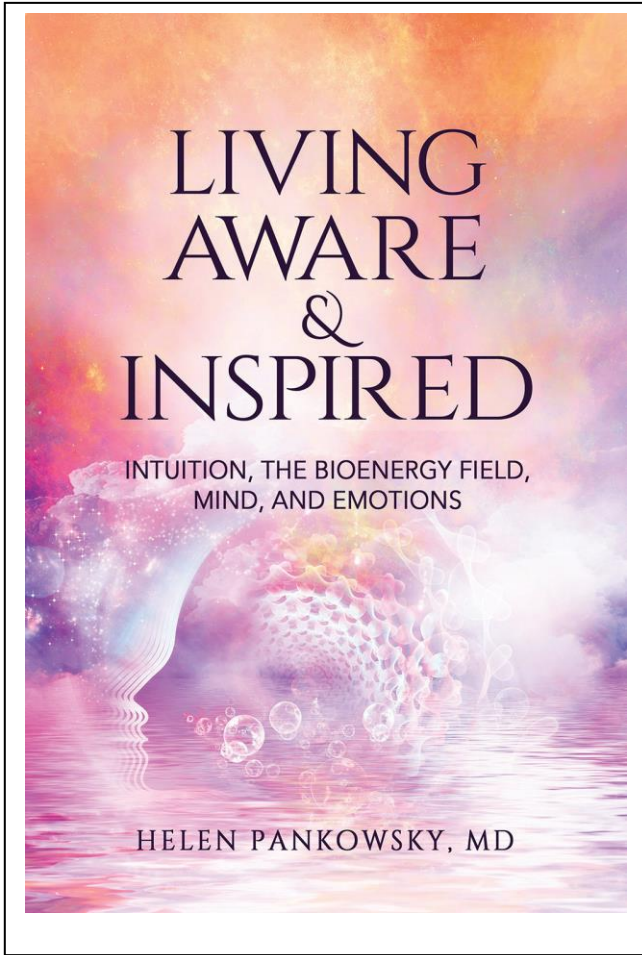


LIVING AWARE & INSPIRED



About the Book

An inspired life means living to our highest potential—having a healthy body, a creative mind, the ability to take full responsibility for our choices, embracing who we are, and connecting to our spiritual life.

Yet, a lot of us who desire to live to our highest potential don't have an idea where to start. This book can teach us how. How to strengthen and trust our intuition. How to feel, test, and balance our energy flow. And how to understand and unblock our emotions.

With clear explanations, examples, exercises, and illustrations, this book provides readers with guidance on how to live a fuller, more realized, and inspired life, a goal many of us aspire to achieve.

About the Author

Dr. Pankowsky is a practicing psychiatrist who is known for using cutting edge modalities that integrate traditional medicine with alternative methods, successfully combining medications (as little as possible) with psychotherapy, kinesiology, energy healing, holistic lifestyle education, and intuition.

She has been a Jungian based therapist, is certified in Eye Movement Desensitization and Reprocessing (EMDR), is certified in Transcutaneous Acupuncture, and has studied alternative and complementary medicine and intuition extensively. She is a Reiki master (RMT) and a long-time practitioner of Tai Chi and Qi Gong.

Dr. Pankowsky is passionate about understanding the essence of healing, she is committed to answering the questions, "what makes our life meaningful, how do we manifest our highest capacity, and how do we find peace with who we are and the life we have?" She is dedicated to making these ideas, skills, and possibilities for expanded consciousness available to all.

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