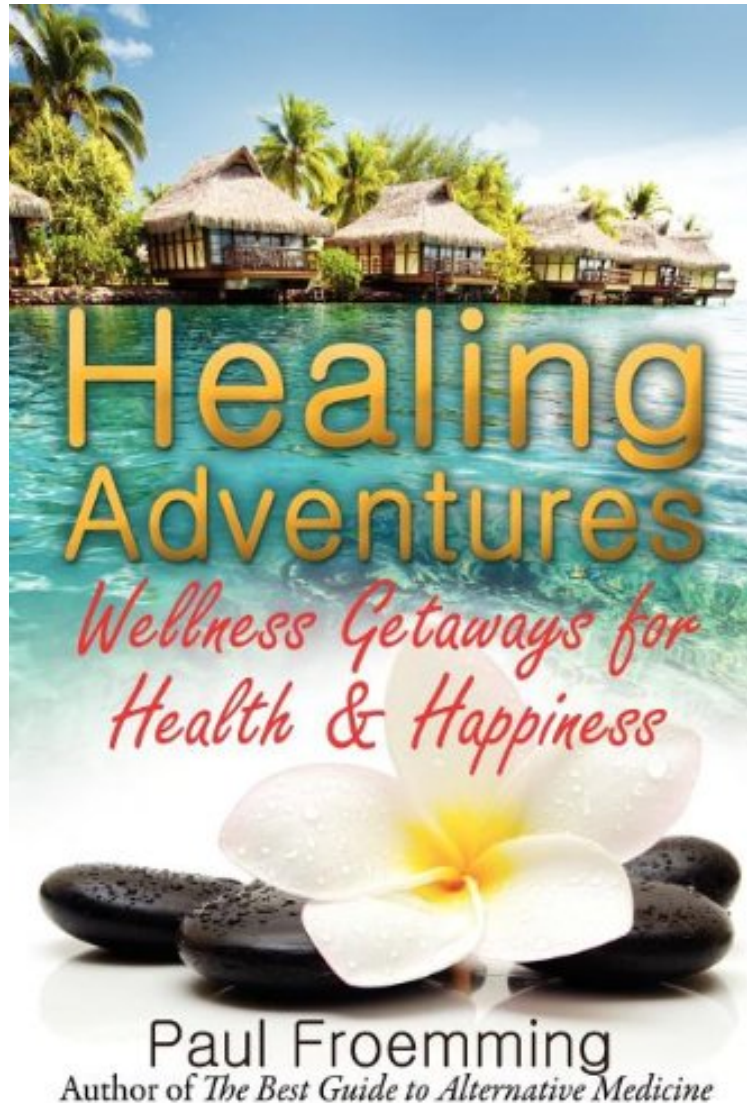


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Healing Adventures - Wellness Getaways for Health Happiness

Paul Froemming

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Paul Froemming : Healing Adventures - Wellness Getaways for Health Happiness before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Adventures - Wellness Getaways for Health Happiness:

Travel/Health/Adventure. The world's best places for health happiness are revealed in this new book, fresh from five continents with 50 stories and a gallery of photos. Paul Froemming, author of The Best Guide to Alternative Medicine,

is your guide on an around-the-world journey into mind, body and spirit. Healing Adventures will take you to the best wellness getaways of Europe, North South America, Asia and the Pacific - and show you how to get there! There are meetings with extraordinary teachers of the good life who will share their secrets. People include Deepak Chopra,MD-Don Miguel Ruiz-Sufi Master Sheikh Dieye-Greenland Shaman Angaangac-Tibetan Lama Dzungchen Khenpo Rinpoche-Tai Ji Master Chungliang Huang-Entertainer Michael Jackson. Places include Spas in Italy, France and Greece. Spa cuisine and massage in Thailand. Water sports in Australia, Shiatsu massage in Japan. Renewal rituals in India, Tai Ji in China. Adventures in Fiji, Tahiti, Hawaii, California and Mexico.Travel Tips tell you all you need to plan your trip and how to get there. This book will give you the inspiration, and the catalyst you need to create your own healing adventures - here and now!