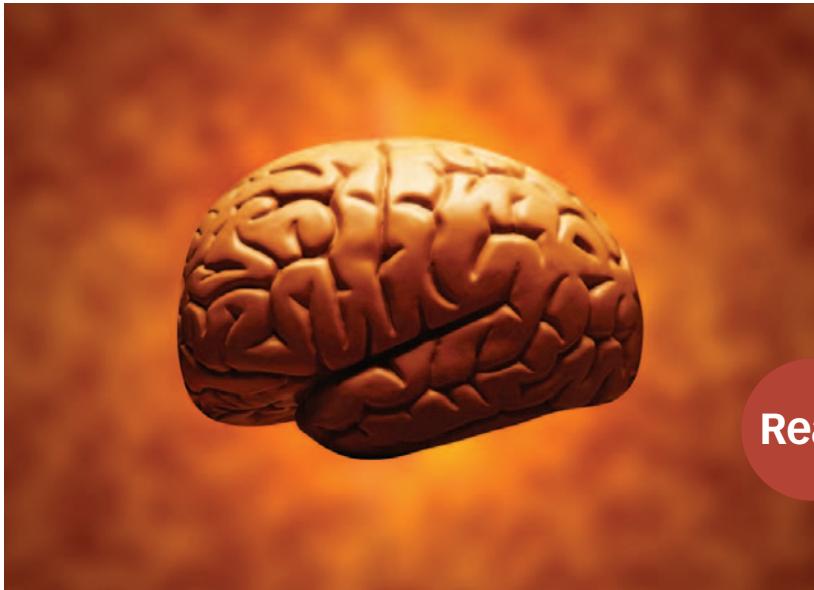
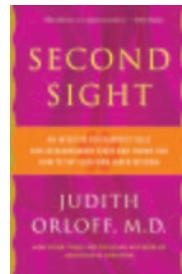


{ Read, Watch & Listen }

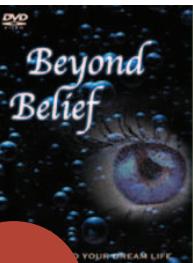
elevated ideas



Read



The new edition of **"Second Sight: An Intuitive Psychiatrist Tells Her Extraordinary Story and Shows You How to Tap Your Own Inner Wisdom,"** by New York Times best-selling author Dr. Judith Orloff, offers a new introduction and forward, expanding on the ideas presented when first published in 1996. Dr. Orloff shares her personal journey of discovering and embracing her intuition for use in the medical field as a psychiatrist, but also offers how-to techniques anyone can use to tap into intuition for a healthier body and mind. Whether it's paying attention to the symptoms of the body or uncovering clues revealed in dreams, this book blends the spiritual and the physical to enlighten readers on the undeniable connection between emotions and disease, and how following the intuition of both body and mind can completely change our lives. **EE**

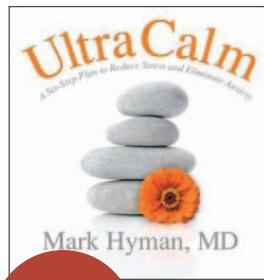


Watch

Revealing the role beliefs and the subconscious mind play in creating experiences, the new documentary film **"Beyond Belief"** takes this concept to the next level with tools and techniques to help uncover and release the limiting beliefs holding us back from health and happiness. Featuring some of today's top authors, scientists, spiritual leaders and healers, including Jack Canfield, Bob Doyle, Dr. David R. Hamilton, Dr. Bruce Lipton, Dr. Judith Orloff, Marci Shimoff, James Twyman and Joe Vitale, the movie covers a variety of ways to change belief, including creativity, gratitude, acceptance, Neuro Linguistic Programming (NLP), Timeline Therapy, hypnosis and Emotional Freedom Technique (EFT). It proves we can all achieve and attract anything — be it health, wealth or love — as long as we believe it. **EE**



Listen



In the two-CD set, **"UltraCalm: A Six-Step Plan to Reduce Stress and Eliminate Anxiety,"** Dr. Mark Hyman, author of **"The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First,"** presents guided mind-body techniques to help with stress, anxiety and depression, including breathing meditations and visualization exercises. He also provides an overview of mind/body medicine, and gives techniques to be used in the midst of any stressful situation to achieve what he calls "UltraCalm." By generating a peaceful state in the body and mind, the body's natural healing intelligence can work at a more effective level. **EE**

