



The Essential Guide to Crystals: All the Crystals You Will Ever Need for Health, Healing, and Happiness (Essential Guides Series)

Simon Lilly, Sue Lilly

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This new edition of the authoritative illustrated guide to crystals reveals the full power and mystery of these gems, which can heal our spirits and enhance our lives. More than 100 crystals are grouped by color and then presented individually through color photography and in-depth discussions of appearance, followed by descriptions of individual healing properties and other practical uses, and the myths and legends surrounding each. There's advice on building and maintaining a collection, as well as expert guidance on crystal healing and meditation, using amulets and birthstones, and working with crystals aligned to our auras, chakras or reflexology points.

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