



Finding the River: The Energy Self-Help Guide for Surviving Life's Challenges

Sally Topham

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"Finding the River" is a compendium of self-help exercises and techniques designed to help a person cope with life's challenges, find inner peace and feel a comforting sense of connection between oneself and the natural world. Instead of focusing on one technique, "Finding the River" looks into the many tools and strategies that Energy Therapist Sally Topham has used and found effective during her 35-year journey of personal healing, spiritual unfolding and helping others. "Finding The River" will explain in a clear and concise manner what you can do for yourself to help overcome life's ups and downs. It shows you how to connect to Nature and feel a part of something greater. It gives you simple ways of working with energy, both within yourself and on outer levels. It teaches you to weave all the techniques and exercises together in your own way to help you work through each of the seasons. The book will take you on a journey of discovery to help you find your River! It includes a foreword by Dr Mark Atkinson.

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