



# Off the shelf

Great reading on healing, loving and living, and the infinite possibilities of your highest self.

answers questions like 'Where did the attunement process come from?' and 'Which hand positions are correct?' An incredibly informative and practical book.

## **LOW CARB MADE EASY** **John Ratcliffe**

(Hinkler Books: \$14.95)

Low carb has shattered the myths about dieting, forever. *Low Carb Made Easy* is a comprehensive guide to understanding this compelling topic. Discover how to use the Glycaemic Index, an indispensable key to eating properly. If you have tried to eat 'healthily' but still can't shift those extra kilos, struggled with food cravings, felt bloated after eating or slumped after lunch, then a friendlier, clearer or more precise

explanation of what low carb is all about would be hard to find.

## **TIRED OF BEING TIRED** **Jesse Lynn Hanley and Nancy deVille**

(Penguin: \$26.95)

The drive that pushes us to achieve - whether it is at work, or as parents, spouses or siblings - results in adrenal burnout, the consequences of which range from fatigue to uncontrollable weight gain, severe depression and even life-threatening illnesses. An easy-to-take test shows you which stage of adrenal burnout you have arrived at - Driven, Dragging, Losing It, Hitting the Wall or Burned Out - then tailors an individualised program of herbs and supplements to get you back on track.

## **THE REIKI SOURCEBOOK** **Bronwen and Frans Stiene**

(O Books/Brunby Gemcraft

Australia, tel: 03 9761 5535)

The most comprehensive book on the system of Reiki ever produced, this book will become an invaluable asset for Reiki novices, students and teachers alike. Bringing together every important piece of information that has been taught, discussed or written about Reiki since its development in the early 1900s, it