

BOOKLOVERS' CORNER

The Reiki Sourcebook

By Bronwen & Frans Stiene

Giving clear definitions and using a basic structural foundation of the Japanese language as a starting point, *The Reiki Sourcebook* traces the origins of a healing system developed by Mikao Usui about 100 years ago. The historical journey since then has taken reiki from Japan to Hawaii and now all around the world. Over the past 20 years reiki has captured the hearts and minds of many in the West as a pathway to healing and enlightenment. This book is written with that spiritual undertaking firmly entrenched and offers the reader insightful quotations from life masters beyond just the reiki tradition. Well written and detailed in its approach to explaining the healing techniques used, *The Reiki Sourcebook*, while not a replacement for training itself, is an excellent guide. With separate chapters on Japanese and Western healing techniques and an attitude that both encompasses and overrides differences, it is easy to see why this book has been heralded around the world as "the reiki book". Rrp AUD\$39.95. Distributed by Brumby Gemcraft.

The Myth of Laziness

By Dr Mel Levine

Why is it that so many bright and hard-working people lose momentum and heart during the pursuit of accomplishment? Why is it that children who seem perfectly competent and keep promising to do what's expected can't seem to follow through? According to Mel Levine, MD, laziness is not to blame. Dr Levine believes everyone is born with an innate drive to excel, achieve and succeed and attributes the problem of "low productivity" to "output failure"; that is, when one or more neurodevelopmental dysfunctions interfere with productivity. Along with addressing the inner workings of the brain, Dr Levine explores external factors that affect output, including stress, competition, socioeconomic status, family values and role models. He also calls attention to critical internal qualities other than intellect; for example, optimism and resilience. With more than 30 years experience as a researcher, clinician and teacher devoted to understanding the developing mind and helping kids learn, Dr Levine provides realistic and encouraging step-by-step, day-by-day strategies for improving productivity in the classroom, workplace and general life. Rrp AUD\$29.95. Simon & Schuster Australia.

WellBeing Golden Key series: Feeling Great

By Karin Cutter

Do emotions rule your life? Is your health causing you concern? Is life a chore instead of a pleasure? Would you like to turn things around? *Golden Keys — Feeling Great* looks at the environmental, nutritional and inherited factors that can lead to depression and offers practical and unique advice for improving mood and maximising quality of life.

Rrp AUD\$9.95. To order Tel: 1300 303 414.

WellBeing Golden Key series: Longevity

By Michael Elstein

Do you fear losing your memory? Does the thought of diminishing energy and sexual vitality fill you with despair? Have you noticed your hair is already receding or the middle-age spread is occurring? If you are willing to put in a bit of work, fear no more. *Golden Keys — Longevity* offers you the technology, remedies and information to enable you to enjoy a life of vigour well into old age. Rrp AUD\$9.95. To order Tel: 1300 303 414.

