



# **Crystal Energy: 150 ways to bring success, love, health and harmony into your life**

*Mary Lambert*

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# Crystal Energy: 150 ways to bring success, love, health and harmony into your life

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## **Crystal Energy: 150 ways to bring success, love, health and harmony into your life** Mary Lambert

Crystal Energy reveals the special properties of over 100 crystals commonly available today, and shows how you can work with them for healing, personal empowerment, protection and abundance. Since ancient times, people have believed in the ability of crystals to heal, protect and energize mind and body, awakening our innate spiritual wisdom. The book presents 150 practical tips on using crystals in every part of your life. Chapters include Crystals in the Home, which is about using crystals to help you sleep and improve your home's atmosphere; Crystals for Success, which covers how crystals can encourage love and personal empowerment; Crystal Healing, which explains how to use crystals for both emotional and physical healing; and Crystal Astrology, in which you can discover your birthstone as well as the two crystals you'll need to balance the personality traits associated with your sign.

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