



Just Thinking

By Dr. Paula Sekeras

AuthorHouse. Paperback. Condition: New. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Paula Sekeras resides just outside of Pittsburgh, Pennsylvania, and has as a Doctorate of Philosophy in Natural Health and a Masters Degree concentrated in Nutritional Wellness with the proper use of herbal and vitamin supplements. She is attuned as a Reiki Master and has done extensive research work in Native American Animal Wisdom, Bach Essences, and Energy Healing. Paulas property has been certified as a Wildlife Habitat by the National Wildlife Federation. A special place with conscientious planning where nature abounds in all its glory! I believe that the mind, spirit, and spirituality have a great deal of influence over the bodys balance. It is true that anothers words or thoughts may bring more clarity to help us in our own emotional harmony. Just Thinking About. . . is over a decade of feelings, and inspirational thoughts, that I have compiled. To you as the reader. . . may they resonate with you while you. . . are just thinking. I believe that the mind, spirit, and spirituality have a great deal of influence over the bodys balance. It is true that anothers words or thoughts may bring more...



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