



The Talking Stick Diaries: Cherish Your Soul (Volume 2)

Rebekah Elizabeth Gamble

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Cherish Your Soul is the second volume of The Talking Stick Diaries series, which is a seven book series that provides writing prompts for the reader to think over and use to assist them in their own healing process (<http://rebekahgambleholisticpractitioner.com/the-talking-stick-diaries.html>). Cherish Your Soul is the most creative book in the series as it helps the person free up their creative energy and heal while playing. The book doesn't just focus on healing your relationship with yourself, learning the value of you, and healing the source of shame and addictive behavior, but it also discusses healing relationships with parents and parenting, especially the relationship with male figures of authority. If you want to better accept happiness and love in your life, experience more joy and pleasure, or are looking to get unstuck in your life, this just might be the book that helps you create the life you've always wanted. What are professionals saying about Cherish Your Soul? "The Talking Stick Diaries offer a fresh and creative perspective to the development of the readers wholeness and spiritual health. Seekers of wisdom, prepare to be vividly engaged upon a metaphysical journey traversing the lesser explored catacombs of the inner self. Mrs. Gamble serves as both a spirit guide and fellow human who has walked along the well worn path to achieve her own emotional and spiritual evolution!" -Stephanie McCracken, Writer and Psychotherapist, The Counseling and Wellness Center of Pittsburgh www.counselingwellnesspgh.com

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