



Sounding the Mind of God: Therapeutic Sound for Self-healing and Transformation

Lyz Cooper

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Sound has been used for thousands of years to help improve health and wellbeing. In *Sounding the Mind of God*, Lyz Cooper brings ancient knowledge together with easy to digest 'new' science to demonstrate how sound can be used in an easy way to make positive changes to your life. This book contains a range of simple, fun exercises which include the use of the voice, Himalayan singing bowls, chimes, drums and more. If you are in need of a quick pick-me-up, try the 'sonic caffeine' exercises - or if you need a stress buster, how about some 'sonic hot chocolate'?

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