



How to Thrive in Changing Times: Simple Tools to Create True Health, Wealth, Peace, and Joy for Yourself and the Earth

Sandra Ingerman

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In a time when people feel overwhelmed by global problems Sandra Ingerman shares with us spiritual practices we can all engage in that have the power to create positive change. Readers will be guided toward living a conscious life; they will learn how their thoughts and words impact the world they live in and how their core beliefs influence what they believe is possible. They will learn different ways to release and dissolve limiting beliefs and to utilize ancient principles of creation and manifestation to usher in healing the planet. Readers will be encouraged throughout to perceive themselves as members of a growing global community of conscious change agents, because that, Ingerman believes, is how we will survive changing times and how the earth will be healed.

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