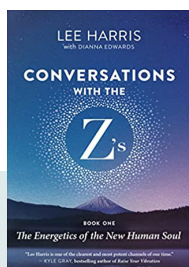


# Soulful Reads with Allison Bruce

Hi, Readers! For this issue, I selected one new release, one classic staple, and a fable. I hope you enjoy these three titles as much as I do.

Here is something new we're introducing this year: to learn more about the featured author's journeys and dive deeper into their books, you can visit my website to read author Q&As. If you are an author or publicist and would like to see your writing featured, please email me at [allison@flourishintegralhealth.com](mailto:allison@flourishintegralhealth.com). Joyful reading to you!



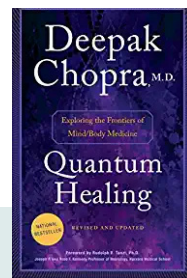
## Conversations with the Z's: Book 1 - The Energetics of the New Human Soul

By Lee Harris with Diana Edwards

*The sun (and we do not mean the sun as you know it - we are speaking in energetic terms here) will come and support the shift, not just in consciousness, but in form, system, and structure.*

*Conversations with the Z's*, written by Lee Harris with Diana Edwards, is a high-vibrational book. The Z's are Lee's guides (an aggregate of eighty-eight beings from the ninth dimension) and the book records conversations between the guides and psychotherapist Dianna Edwards. I took great pleasure in reading this book because the energy is uplifting. The messages resonate about our presence here, - and feel optimistic about the future of our planet Earth. I enjoyed learning about the dimensions of our existence in a light I had never seen before. Since reading, I feel a stronger connection to my intuition and more trusting in the flow of the universe.

*But if all on Earth were aware of the spiritual nature that they share and the oneness they have come from, there would be no more war. It is the raising of consciousness on Earth that will bring an end to war.*



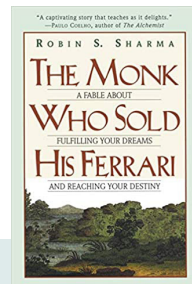
## Quantum Healing: Exploring the Frontiers of Mind/Body Medicine

By Deepak Chopra

*To be like the quantum, the body does not have to banish its molecules to another dimension; it has only to learn to re-form them into new chemical patterns.*

The classic selection for this issue is Deepak Chopra's *Quantum Healing* originally published in 1989. I first read this book when I was going through the Healing Touch program, as part of the reading requirement. At a high level, *Quantum Healing* highlights the science of quantum mechanics and chronicles several of Deepak's patient's journeys. I choose this book as a classic staple because of its emphasis on the strong connection between our minds and our bodies. It is an encouraging book. Infinite spontaneous healings seem possible after digesting the concepts presented here.

*For the truth to set us free, it must happen one person at a time, through a journey of self-awareness.*



## The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams and Reaching Your Destiny

By Robin S. Sharma

*...When you run inspiring, imaginative pictures through the movie screen of your mind, wonderful things start to happen in your life.*

*The Monk Who Sold His Ferrari* is a delightfully inspiring fable. The main character receives a wake up call (in the form of a heart attack) and then proceeds to go through a metamorphosis. We learn about his transformation story as he shares his spiritual growth process with a former colleague. What I most enjoy about this book is the emphasis on following your heart and purpose, goal setting, thinking positively, as well as embracing the present and drawing from your inner wisdom. I also appreciate the summary at the end of the latter chapters. One could go back to this book again and again for uplifting insights.

*These little hourglasses serve as daily reminders of our mortality and the importance of living full, productive days while advancing our purposes.* €