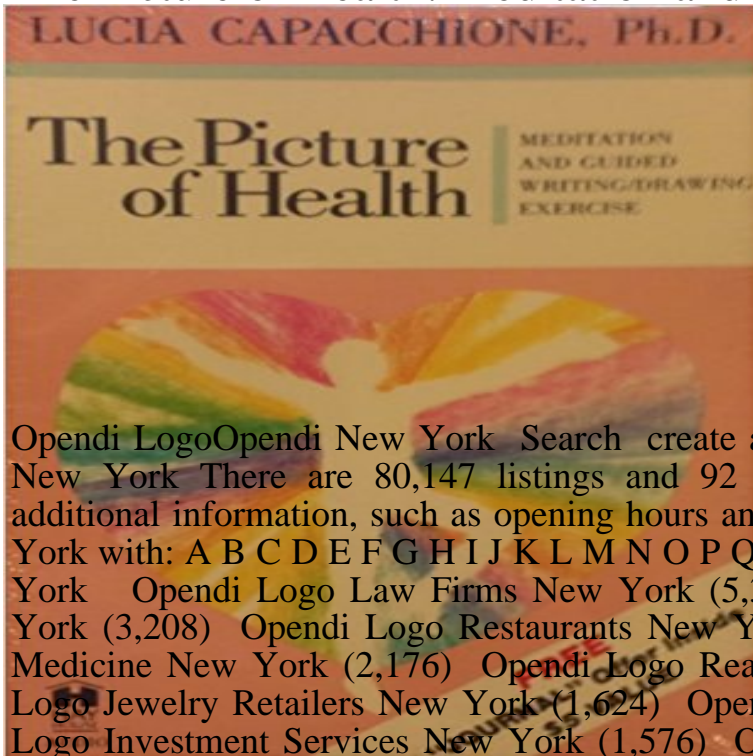


The Picture of Health: Meditation and Guided Writing/Drawing Exercise



Listeners can find the healing power of their own Inner Artist through the use of writing and drawing exercises, positive affirmations, visualizations, meditations, and inspirational stories.

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