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'Insightful and practical.'
~ Foreword Review Magazine

CHANGE THE STORY OF YOUR HEALTH

Using Shamanic and Jungian Techniques for Healing
Carl Greer, PhD, PsyD

*"In *Change the Story of Your Health*, Dr. Greer presents insightful self-healing measures from alternative medical traditions that will truly transform your personal health and well-being." ~Susan F. Reynolds, MD, PhD, President and CEO, The Institute for Medical Leadership*

Do you want to improve your health? Manage a chronic condition or figure out how to cope with a sudden health issue, like an accident or illness? In his book **Change the Story of Your Health: Using Shamanic and Jungian Techniques for Healing** (Findhorn Press, March 2017, \$17.95) award-winning author, clinical psychologist, shamanic practitioner, and Jungian analyst Carl Greer, PhD, PsyD shows how we can identify our health story and use journaling and expanded-awareness practices to begin changing it, leading to better health and wellness.

'...a treasure trove of step-by-step processes designed to lend insights into and modifications of overall health...' ~ California Book Watch

In this companion to his best-selling and multi-award winning *Change Your Story, Change Your Life*, Greer teaches readers how to use shamanic and Jungian techniques to gain insights and energies for changing a dissatisfying health story. Many of the exercises involve shamanic journeying or working in and with nature: dialoguing and interacting with the earth, a river, the wind, or a fire. Others require engaging and working with the chakras, dreams, symptoms, or the inner healer. No matter what their health concern, readers will find in this book tools for writing and bringing to life a new health story.

*"Beautifully written and a gem for any reader who is looking to empower themselves, their health and their lives. ... Dr. Carl Greer weaves for you the wisdom of the healing traditions to provide you with the tools to create a new story of health, one that is full of love, healing and insight." ~Eva Selhub, MD, author of *Your Health Destiny* and *Your Brain on Nature*.*

Greer has used the healing techniques he offers, along with consultation with Western physicians, to address his own physical ailments and that of others who came to him for assistance in writing a new health story. He focuses on four key areas of personal health that often bring challenges: eating and drinking; movement, flexibility, balance, stamina, and strength; sexuality, body image, and acceptance of life transitions such as menopause and andropause; and the management of acute ailments and symptoms of health conditions such as autoimmune disorders and cancer. Readers who begin using the practices on a regular basis will find it easier to let go of what is no longer serving them and bring in whatever can help them live according to a more satisfying health story.

*"Carl Greer, PhD, PsyD, brings us another brilliant book, helping us become aware of the story that impacts our health and rewrite it so that we achieve healing and well-being. . . . This book will open myriad possibilities for you to discover and work with your inner healer. I highly recommend *Change**

the Story of Your Health.” ~Sandra Ingerman, MA, author of *Soul Retrieval* and *Walking in Light: The Everyday Empowerment of Shamanic Life*

About the Author: Carl Greer, PhD, PsyD, is a practicing clinical psychologist, Jungian analyst and shamanic practitioner. He teaches at the C.G. Jung Institute of Chicago, is on staff at the Replogle Center for Counseling and Well-Being, and is involved in various charities. For more, visit CarlGreer.com

About the Book: *Change the Story of Your Health: Using Shamanic & Jungian Techniques for Healing*

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