



# THE SECRET LANGUAGE OF YOUR BODY

INNA SEGAL

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## The Intuitive Guide to Health and Wellness

*The Secret Language of your Body* is a comprehensive guide to healing. Already a best seller in Australia in this newly expanded edition, Inna Segal unveils the secrets to understanding the messages of the body and reveals the underlying energetic causes of hundreds of symptoms and medical conditions.

This powerful handbook explores almost every conceivable part of the human body, delving deeply into the possible reasons for problems in any given area of the body and offering a unique, step-by-step method to assist in returning the body to its natural state of health.

Inna encourages readers to connect with the innate healing intelligence within, calling on the body's built-in ability to heal itself, and gently guides the reader on a journey of personal transformation and empowerment. *The Secret Language of your Body* is an invaluable reference guide for traditional and alternative health practitioners, and anyone interested in the inner workings of the human body, self-healing, and wellbeing.

The book combines an accessible, encyclopedic structure and expands on the Australian edition, as well as including an index of illnesses directing you to the appropriate healing practice.



**Inna Segal** the creator of Visionary Intuitive Healing® is an internationally recognized healer, professional speaker, author, and television host. Inna's clients include doctors, CEOs, health-care professionals, actors, and sports personalities. A gifted healer and a pioneer in the field of energy medicine, she can 'see' illness and blocks

in a person's body by intuitive means, explaining what is occurring, and guiding people through self healing processes. When Inna was a teenager she suffered from severe back pain. Though she visited numerous health-care professionals, Inna's pain was so intense that for weeks she was barely able to walk. In an incredible twist of fate, Inna, while meditating discovered an unusual way of communicating with her body. By tuning into her back and releasing all the pain and negative emotions, she was able to heal herself. Inna Segal now dedicates her time to assisting others in their journey of self-healing and empowerment.

## Endorsements

*The Secret Language of your Body* is thrilling and right on target! My fondest hope is that people all over the planet will take this message of healing into their hearts and bodies and become vibrantly well!"

- Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom*

*The Secret Language of your Body* truly is the essential guide to restore your body to its healthiest state and assist you to heal your life. Inna Segal offers invaluable insights into the underlying causes of illness and disease and provides practical advice which will undoubtedly empower many to self-heal. So read on and learn from the wisdom of this book, which can guide you to the life you were truly meant to live."

- Bernie S. Siegel, MD, Best-selling author of *Love, Medicine & Miracles* and *How to Heal*.

*The Secret Language of Your Body* teaches you how to listen to the messages your body gives and leads you step-by-step to create great health through simple but effective healing methods and principles. Inna Segal explains and demonstrates how your thoughts, energy and emotions affect your health so your body's wisdom won't be a secret anymore but a powerful guide to transform every area of your life."

- Jack Canfield, co-author of the *Chicken Soup for the Soul®* series and author of *The Success Principles™*

### Media Contact:

Julia Wouk  
760.929.1111  
jwouk@boothmedia.com

### To book Inna Segal:

Julia Wouk  
760.929.1111  
jwouk@boothmedia.com

