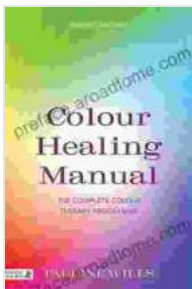


Experience the Transformative Power of Colour Therapy with the Revised Edition of "The Complete Colour Therapy Programme"

Discover the profound impact that colours can have on your physical, emotional, and spiritual well-being.

In this revised and expanded edition of the definitive guide to colour therapy, renowned author and therapist D.C. Mortimer unveils the latest scientific findings and practical applications of this ancient healing modality. With over 30 years of experience in the field, Mortimer provides an in-depth exploration of:



Colour Healing Manual: The Complete Colour Therapy Programme Revised Edition by Pauline Wills

★★★★☆ 4.5 out of 5

Language : English
File size : 3279 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 218 pages



- The history and science of colour therapy
- The vibrational frequencies of different colours
- The psychological and physiological effects of colour exposure

- Practical techniques for using colour therapy in self-healing and energy balancing

With over 200 full-colour illustrations and step-by-step exercises, this comprehensive guide offers everything you need to:

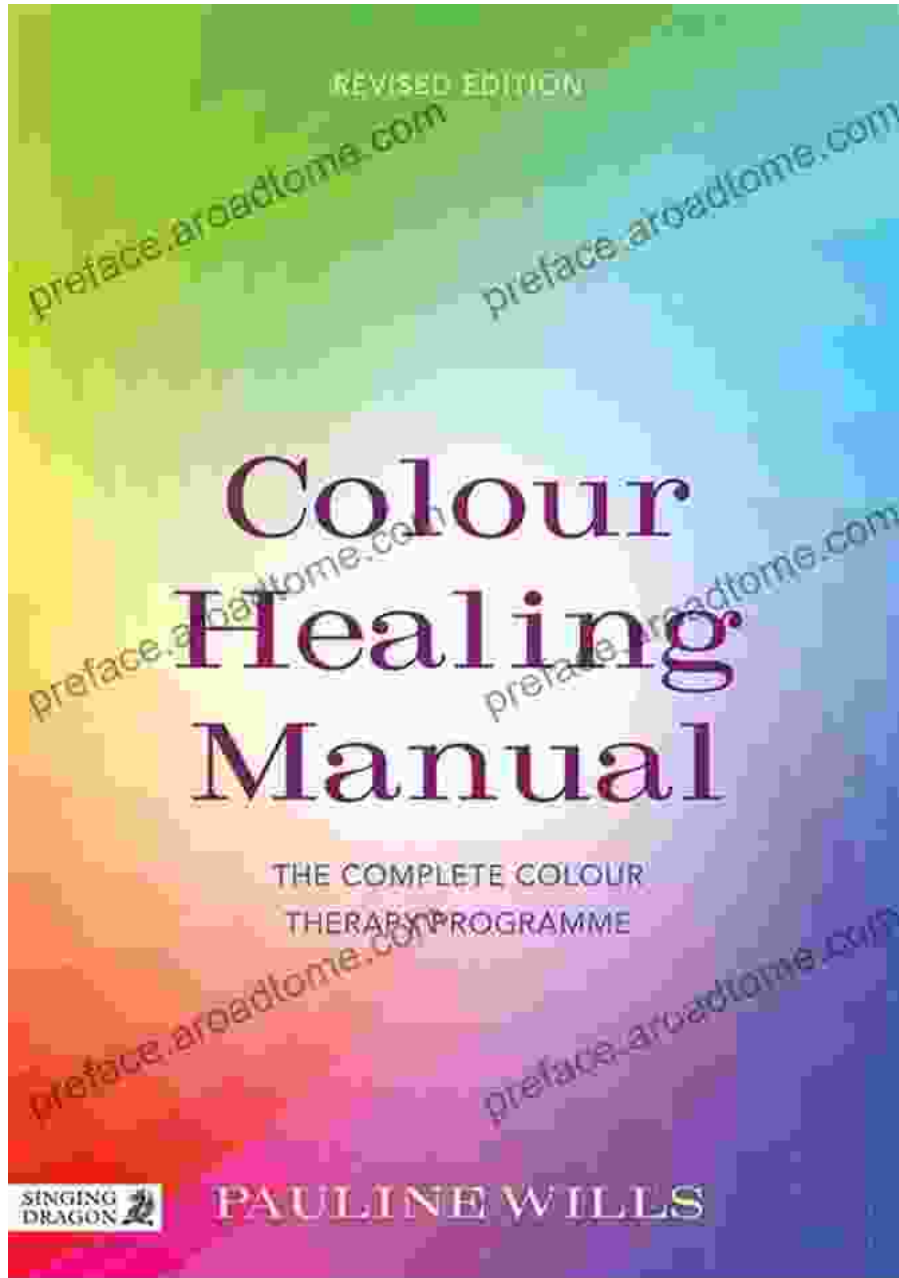
- Identify your unique colour palette and understand its meaning
- Use colour therapy to improve your mood, boost your energy, and reduce stress
- Treat specific physical and emotional ailments through colour exposure
- Create a harmonious and healing environment in your home and workspace
- Develop your intuition and spiritual connection through colour meditation

Whether you are new to colour therapy or an experienced practitioner, this comprehensive and up-to-date guide will empower you with the knowledge and tools to harness the transformative power of colour. Discover how colour can heal, inspire, and transform your life."

Bonus Material Included:

- A downloadable colour therapy assessment to determine your unique colour personality
- Guided colour meditations to promote relaxation and well-being
- Exclusive access to online resources and support

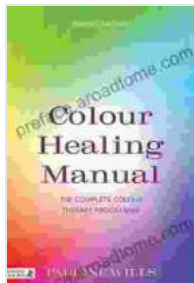
Free Download your copy of "The Complete Colour Therapy Programme Revised Edition" today and embark on a journey of self-discovery, healing, and empowerment.



About the Author:

D.C. Mortimer is a renowned colour therapist, author, and teacher with over 30 years of experience in the field. He is the founder and director of the

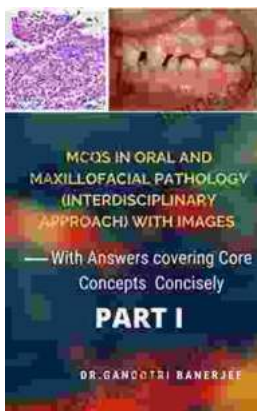
Colour Therapy Centre in London, and his work has been featured in numerous publications and media outlets. Mortimer is also the author of several other books on colour therapy and energy healing.



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