



# Heal from Your Heart with Breath, Rhyme and Art

*Denise DeMaras*

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# Heal from Your Heart with Breath, Rhyme and Art

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## **Heal from Your Heart with Breath, Rhyme and Art** Denise DeMaras

Heal from Your Heart is a unique, new guide to self healing practices. Fusing age old practices and philosophy such as meditation and breathing techniques, from around the globe with her new creative technique, Rhyme to Heal, Denise DeMaras shows us how to playfully create our own deep healing. Also included are original art and verse from the author to support the practitioner in learning the ways to heal while revealing her own healing journey.

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