



Color Your Life: How to Use the Right Colors to Achieve Balance, Health, and Happiness

Howard Sun, Dorothy Sun

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Alter the colors around you to improve your quality of life!

Color has been used for thousands of years to represent an individual's mental and emotional state. The colors that we surround ourselves with allow for a deeper exploration into the inner self. Used positively, color can have a profound healing quality, enhance our well-being and improve our lives.

Now, in *Color Your Life*, veteran color therapists Howard and Dorothy Sun explain how color can be used to promote health, healing, and personal growth. This book will help you discover how to do your own Color Reflection Reading, learn about your aura and chakra colors and discover how color in your life can be the answer to spiritual growth and well-being.

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