



The Essential Guide to Crystals

Golnaz Alibagi

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Channel crystal energy for health, healing and happiness. Throughout history, crystals have been regarded as a source of energy and healing. With so many beautiful and powerful gems to choose from, it can be difficult to know which one is right for your current situation. Golnaz Alibagi makes choosing the correct crystal easy by organising the gems by benefit, making it simple for you to find the crystals that are right for you. From placing rose quartz in your bath to attract love, to putting tree agate in a flowerpot to help your finances grow, Golnaz suggests easy ways to channel the dynamic energies of crystals. Whether you want to wow your boss, meet your soulmate, develop self-confidence, or keep calm in a crisis, The Essential Guide to Crystals will show you how to do all this and more. With chapters covering areas such as home, work, love and friendship, Golnaz's easy to follow, practical suggestions will help you to work with crystals to change every aspect of your life for the better.

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