

## Sandra Ingerman

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### About the Book

How to Heal Toxic Thoughts:

Simple Tools for Personal Transformation

by Sandra Ingerman

Published by Sterling Publishing Co., Inc.

(ISBN 978-1-4027-4260-6, 120 pages, hard cover, \$14.95)

Available through bookstores or from Barnes & Noble Online:

How to Heal Toxic Thoughts

"Ingerman's creative, multi-pronged plan for healing is gentle, practical and encouraging, making it a fine resource for the overstressed."

-- Publishers Weekly

How to Heal Toxic Thoughts teaches readers how to identify toxic thoughts, transmute negative energy, and shield themselves from the harmful influences others project out of ignorance.

Filled with pragmatic tools for coping with negative thoughts and emotions, Ingerman helps readers transform toxic thoughts into feelings of peace, harmony, and love.

"Sandra Ingerman beautifully explains how our thoughts create our lives and impact others. All the while, she restores the light and magic from deep in our souls."

-- Carol Schaefer, author of

Grandmothers: Counsel the World.