



The Secret of Life Wellness: The Essential Guide to Life's Big Questions

By Inna Segal

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The Secret of Life Wellness: The Essential Guide to Life's Big Questions By Inna Segal

THE SECRET OF LIFE WELLNESS, by INNA SEGAL is a breakthrough book, which can transform the major areas of your life.

Heal your body, connect to your inner wisdom, create the life you will love and discover your purpose by diving into life's deepest questions with the creator of Visionary Intuitive Healing®, Inna Segal.

In *The Secret of Life Wellness: The Essential Guide to Life's Big Questions*, Inna goes beyond physical healing to demonstrate that life wellness reflects health wellness. By answering twenty-one of life's biggest questions, Segal guides you through every stage of your personal wellbeing and invites us all to look within to find answers.

Inna Segal reveals life-changing secrets to enable you to:

- Develop your intuition
- Reclaim your inner power
- Create harmony in your relationships
- Explore your soul's journey
- Attract money and success into your life
- Embrace your shadow side
- Deal with challenging emotions
- Use your energy centers to heal and evolve
- Attract and understand soul mates

Plus, Microsoft tags throughout the book give you the option of listening to Segal guide you first hand through powerful healing techniques.

Whether your challenge is physical, mental, emotional, or practical, Inna Segal helps you tap into your internal guidance system to achieve comprehensive wellness. With simple wisdom and easy and impactful exercises that can be integrated into one's day-to-day life, Segal clears away the complexity to offer 'must have tools' for healing, transformation and evolution.

From utilizing your intuition and tapping into your inner power, to attracting money and losing weight, to raising confident children and dealing with loss, Inna covers the full spectrum of human challenges.

Designed to lead you down the path of lifelong energy and wellbeing, The Secret of Life Wellness goes beyond prescriptive advice; it creates a healing way of life. Also, containing an inspiring foreword by Michael Bernard Beckwith, founder of Agape and best-selling author of Spiritual Liberation

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Editorial Review

Review

"Through the practice of Inna Segal's teachings, you will nourish and support your natural intuitive gift. Through the strength found in the gentleness of self-love, *The Secret Life of Wellness* will ultimately guide you into the all-knowing power of intuition, heaven's own kiss of inspiration.'

- From the foreword by **Michael Bernard Beckwith**, founder of Agape and best-selling author of *Spiritual Liberation*

'*The Secret of Life Wellness* is a must read for everyone who desires optimal health, wants to be a healer, is looking to integrate mind, body & spirit into a whole way of being, and wants to be on the leading edge of evolutionary living.'

- **Rev. Nirvana Reginald Gayle**, Minister & Spiritual Director, Guidance A Center for Spiritual Living in Los Angeles and author of *God Sings My Soul: a Book of Visionary Poetry*

'The Secret Life of Wellness is a fantastic life tool, filled with constructive, helpful information to improve your state of being and outlook, in practical, simple ways. I recommend it to all readers who are looking for a practical means to ignite the power of their own intention, and get pro-active about co-creating their own reality. Inna Segal has written a truly fabulous, heart-warming, life-affirming book. It's going to have a great impact on all who read it.'

- **Traci Harding**, author of 'The Ancient Future Trilogy'

"In *The Secret of Life Wellness*, Inna Segal provides you with real tools to awaken your inner power to shine. This book is a spectacular, ground-breaking roadmap for transforming your life and inducing change out in the world. I loved it and I am confident you will as well!"

- **Dr. Darren R. Weissman**, developer of *The LifeLine Technique*®, author of *The Power of Infinite Love & Gratitude*

'Inna has done it again. *The Secret of Life Wellness* is insightful and her methods are simple yet highly effective. I love her work and the personal changes it brings. Highly recommended!'

- **Marvin Oka**, Behavioural Modelling Research Pty. Ltd., co-author of *mBRAINING*

"*The Secret of Life Wellness* is full of truth. And contains precisely what is required to live a healthy and joy filled life!" (Christiane Northrup, MD author of the *NY Times* bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*)

"Inna shares universal truths we can all learn from, as she presents them in a way that is practical, inspiring, and powerful. Our lives, past and present, are stored within us and must be confronted and healed." (Bernie Siegel, MD bestselling author of *A Book of Miracles and Faith, Hope & Healing*)

"...an impressive guidebook to the transformative power of intuition." (*Publishers Weekly*)

"If you want to find easy, effective intuitive methods that apply to a wide range of life's tasks and undertakings, this is the book for you! In *The Secret of Life Wellness*, Inna Segal gives many tips and techniques that can strengthen your intuition and turn your life into a spiritual practice. She shows you how powerful your imagination can be!" (Penney Peirce author of *Leap of Perception, Frequency and The*

Intuitive Way)

"*The Secret of Life Wellness* offers fresh insights and powerful techniques that will impact every area of your life. Inna Segal is a true visionary who shares important wisdom for our times. If you want to create a life filled with happiness, love, and prosperity, I highly recommend this book." (Marci Shimoff *bestselling author of Happy for No Reason and Love for No Reason*)

"To truly understand the secrets to Life's Big Questions, read Inna's book *The Secret of Life Wellness*. It's sensational!" (Thom Hartmann *bestselling author of Rebooting the American Dream*)

"Inna Segal has written a clarified and inclusive guide to wellness. *The Secret of Life Wellness* is a wonderful invitation to wholeness. Highly recommended!" (Jeff Brown *author of Soulshaping: A Journey of Self-creation*)

"Inna Segal is a powerful visionary and healer whose work is only surpassed by the heart she brings to it. *The Secret of Life Wellness* outlines the divine elixir for bringing one's experience into a state of grace-filled well-being. This book is a 'must have' for your journey." (Simran Singh *Publisher of 11:11 Magazine and author of Conversations With the Universe*)

From the Author

"Everyone comes into this world with the ability to be a visionary, access Divine wisdom, and follow their internal guidance system. The challenge is accessing and utilizing the inner compass we all have." -- Inna Segal, *The Secret of Life Wellness*

"My intention is not to have you agree with, or believe me, but to help you open your mind, connect with your heart and discover what works best for you."

--Inna Segal, *The Secret of Life Wellness*

Topics in *The Secret of Life Wellness* include:

- Develop your intuition, love yourself, embrace you shadow side, deal with your challenging emotions and use your energy centres to heal and evolve
- Discover your Soul purpose and experience unconditional love, connect with Divine energy, protect yourself, attract and understand soul mates and heal your past lives
- Attract a loving partner, create harmony in your relationships, prepare for pregnancy, raise happy and confident children, clear your space and attract money and success into your life
- Learn to love your body and lose excess weight, heal a broken heart and deal with grief, death and loss

About the Author

INNA SEGAL is the creator of Visionary Intuitive Healing™ and the best-selling award winning author of *The Secret Language of Your Body*, *The Secret of Color Cards* and *The Secret of Life Wellness: The Essential Guide to Life's Big Questions*.

Inna is an internationally recognized healer, professional speaker, author and television host. Inna is a gifted healer and a pioneer in the field of energy medicine and human consciousness. She can 'see' illness and blocks in a person's body by intuitive means, explain what is occurring, and guide people through self-healing processes.

When Inna was a teenager she suffered from severe back pain. Though she visited doctors, and other health-care professionals, her condition was deteriorating. By her early twenties, Inna's pain was so intense that for

weeks she was barely able to walk.

In an incredible twist of fate, Inna, while meditating, discovered an unusual way of communicating with her body. By tuning into her back and releasing all the pain and negative emotions, she was able to heal herself.

Inna Segal dedicates herself to assisting others in their journey of self-healing and empowerment. Her practical healing techniques, healing frequency, internet presence, and radio and television appearances are changing the lives of millions of people around the world.

Inna has a strong web presence on Facebook, Twitter and has her own website with a blog, many free articles and her entire product range, which includes over 40 CDs and audio programs such as Create Perfect Health, Freedom From Stress, Freedom From Pain, Lose Weight Fast, Healing Your Inner Child, Success Money & prosperity...

Inna travels worldwide leading Visionary Intuitive healing™ training programs. Inna's latest book, *The Secret of Life Wellness: The Essential Guide to Life's Big Questions* (Beyond Words Publishing/Atria Books: Simon & Schuster) contains a foreword by Rev Michael Beckwith, and comes highly recommended by many best-selling authors.

Users Review

From reader reviews:

Samuel Hamby:

What do you concentrate on book? It is just for students since they're still students or that for all people in the world, exactly what the best subject for that? Only you can be answered for that issue above. Every person has distinct personality and hobby for every other. Don't be obligated someone or something that they don't wish do that. You must know how great as well as important the book *The Secret of Life Wellness: The Essential Guide to Life's Big Questions*. All type of book can you see on many methods. You can look for the internet sources or other social media.

Fatima Leonard:

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Sharon Grace:

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easier to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The book that recommended to your account is The Secret of Life Wellness: The Essential Guide to Life's Big Questions this guide consist a lot of the information on the condition of this world now. That book was represented how do the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Typically the writer made some research when he makes this book. That is why this book ideal all of you.

Bruce Harrison:

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