

Have you ever felt drained, tired, anxious or even angry for no apparent reason? Do you suffer from sudden and unexplained headaches, heart palpitations, nightmares or feelings of depression? You may have been the victim of psychic attack and never even realised it. And the symptoms could still be affecting you to this day. The human mind and body are affected by the many subtle and psychic frequencies that surround us. Our moods, feelings, and even our state of health are influenced by the ebb and flow of these energies, and our well-being depends upon our own ability to defend and protect ourselves from them. Psychic Self Defence provides a highly practical, common sense, everyday approach to all forms of psychic attack. This is the ultimate user manual for what the author has coined as The Health and Safety of Spirituality, and it is a must for all spiritual, psychic and alternative workers, practitioners and spiritual seekers everywhere.

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