

How We Heal: Uncover Your Power and Set Yourself Free



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Beloved wellness author and teacher Alexandra Elle shares this practical and empowering guide to self-healing. In *How We Heal*, bestselling author Alexandra Elle offers a life-changing invitation to heal yourself and reclaim your peace. In these pages, readers will discover essential techniques for self-healing, including journaling rituals to cultivate innate strength, accessible tools for processing difficult emotions, and restorative meditations to ease the mind. Alex Elle elegantly weaves together themes like self-healing, mindfulness, inner child work, and boundary setting and presents the reader with easy-to-follow practices that have changed her life and the lives of the thousands of people she has taught. Her 5-part framework for healing will appeal to anyone who wants a clear process, while the compelling personal stories leave the reader feeling connected and ready to begin again. Complementing the practices are powerful insights from Alex Elle's own journey of self-discovery