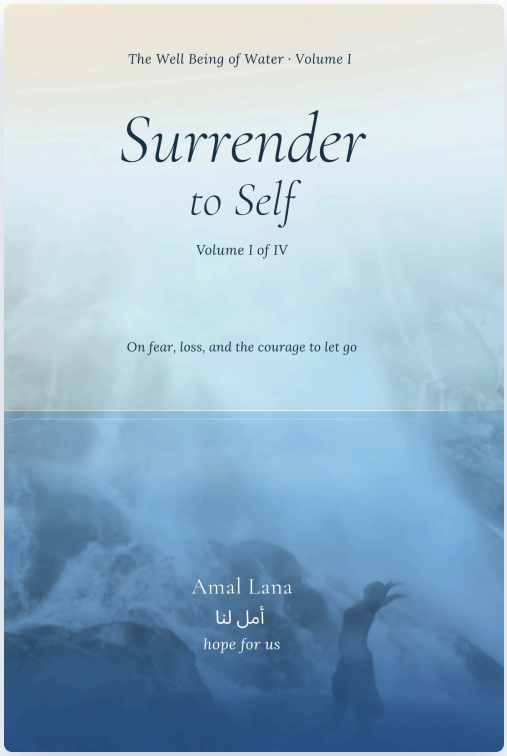
A BOOK FROM NORTHERN ARIZONA



The Well Being of Water:

Surrender to Self

by Amal Lana

"Before I ever loved water, I feared it." p. 24

A memoir in thirteen short passages about fear, loss and learning to let go, by an aquatic healer with four decades of practice.

Read the first passage free on the website.

Ask for it at your library. ISBN 9798234283962

For book clubs and grief circles, with a free discussion guide.

Paperback and Kindle on Amazon.

Scan with your phone camera
thewellbeingofwater.com

Know a shop, spa or library that would love it? See **thewellbeingofwater.com/support**

Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com
Surrender to Self thewellbeingofwater.com