



Animal Wisdom Word Search: Yoga for the Brain

Cristina Smith , Lauren McCall , Richard Bach (Foreword) , Rick Smith (Puzzlemaster)

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Boost your health and happiness through the power of positive play.

Discover goodies galore to enjoy, including amazing animal communications from thirty-three different species, secret messages, brain training fun, and uplifting stories to help make your life better. Chicken soup for your brain and soul, Animal Wisdom Word Search invites you to play!

Who would have thought that practicing mental yoga, turbocharging creativity, and empowering personal mastery could be so much fun? Featuring Lauren McCall's Animal Wisdom messages, these sixty easy to advanced puzzles are both an entertaining challenge to be solved and a meditation for self-realization.

Once all words are found, a hidden message is revealed—a powerful wisdom quote to affirm each animal's story. Plus, you'll uncover fascinating facts and enlightening insights, savoring tasty food for thought on every page.

This book can help you:

- * Stay sharp with a more flexible brain
- * Bring more peace and happiness into your life by connecting with our animal companions
- * Reduce the risk of early onset dementia and Alzheimer's disease
- * Have fun with a purpose

Both a profound philosophy and fun puzzle book, Animal Wisdom Word Search is yoga for the brain that stretches your mind, nourishes your soul, and touches your heart.

Complete all sixty puzzles, and in the process, discover that you have also solved the most important puzzle of all...you!

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Cristina Smith says

Do you love animals? I certainly do. And I feel like I communicate with. Do you talk to your pets or other animals? It was wonderful to collaborate with internationally renowned animal communicator Lauren McCall on this super fun and enlightening book featuring messages from 33 species.

One thing that stood out to me about the conversations is that each animal had a strong sense of self esteem. They are who they are and feel comfortable with that. The hidden messages reveal the deep wisdom that our planet mates share. Though it's just a puzzle book, reading and playing with it may help make the world a kinder, more understanding place.

Lauren McCall says

Stretch your mind and broaden your horizons! Learn about the perspectives that animals from around the world have to share with us while you enjoy expertly crafted word search puzzles. Fun, relaxing and educational all in one book, how can you resist? I'm addicted to the whole Yoga for the Brain series.
