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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Reiki Insights**  Frans Stiene  A meditative journey into the inner depths of the system of Reiki.  Reiki Insights is presented as a series of short chapters, each of them a teaching, so that you can pick it up, choose a chapter and read it. After you have read the chapter, sit down and meditate upon the words. Let them sink deep into your mind, body, and energy, so that you can feel what is in between the sentences. By reading and experiencing Reiki Insights in this way, it will lay a foundation for inner change, from not knowing your true self to knowing your true self.  **Author Bio** Bestselling author Frans Stiene has been a major influence on global research into the system of Reiki since the early 2000s. His practical understanding of the Japanese influences on the system have allowed students around the world to connect deeply with this practise. Frans is a co-founder of the International House of Reiki and Shibumi International Reiki Association with his wife, Bronwen Stiene, with whom he has co-authored several of his books. Online: [Facebook](https://www.facebook.com/frans.stiene), [Author Website](http://www.IHReiki.com), [Blog](http://http://www.ihreiki.com/blog/)  **Previous Titles** The Inner Heart of Reiki (9781785350559) Ayni Books, 2015. The Reiki Sourcebook (revised ed.) (9781846941818), Ayni Books, 2009. The Japanese Art of Reiki, (9781905047024), Ayni Books, 2005.  **Endorsements** *In this wonderful book, Frans Stiene addresses ancient wisdom and meditation tradition in a very practical way to bring it to the modern world. It conveys a beneficial, heartwarming, and transformative experience, and will create happiness and joy for those who read it.* ***Orgyen Chowang Rinpoche, author of Our Pristine Mind***  **Promotional Plans** Promotion of Fran Stiene's latest book via his courses on The International House of Reiki. Advertising of the new title on the course website alongside author's other bestselling titles, as well as social media promotion. Author to continue speaking at MBS events around the world. Promotion via O-Books thriving social platforms.  **USP** A unique Reiki book inspired by bestselling author Frans Stiene's own experience with Shugendo priests training in the mountains of Japan. Practical guide to creating inner change.  **Competing Books** Reiki for Life 9780749956585, by Penelope Quest Piakus, 2012  **Categories** BODY, MIND & SPIRIT (General)(OCC011010) -> Healing (General)(OCC011010) -> Energy (Qigong, Reiki, Polarity)(OCC011010) HEALTH & FITNESS (General)(HEA032000) -> Alternative Therapies(HEA032000) BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000) |  | **Publication Date** June 2018  **Paperback** ISBN: 978-1-78535-735-0 $18.95  |  £11.99 8.5x5.5 inches | 216x140 mm 248PP  **e-book** ISBN: 978-1-78535-736-7 $9.99  |  £5.99  **Library of Congress** 2017939490 |
| Distributed to the trade by National Book Network in US; by Orca Marston in UK Publisher contact: beccy@jhpbooks.net [o-books.com](http://o-books.com) |  |  |