

Insight Counselling & Training Inc.
presents...

A Self-Help Tool Kit

with Henri McKinnon

Insight Counselling & Training • Self-Help Tool Kit

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**Healing Chronic Family Patterns
Healing Conflict in Relationship
Dealing with Death, Grief & Loss
50 Ways to Moving Forward
A Healing Meditation
A Meditation for Peace**

This is a series from Insight Counselling's Self-Help Audio CDs, whose sole purpose is to assist you in moving beyond old patterns of struggle into greater joy, peace and fulfilment.



For further information on workshops or products, contact:

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