

This Roadmap to Inner Peace Follows the “Highway” from Hell

Both experiential and hypnotic, *High Way From Hell* takes a candid and insightful look at how our judgments limit the richness of what we are capable of experiencing. Using ideas sourcing from stream-of-consciousness writing meditations, a hypnotherapist explores the impact of personal judgments in limiting the vibrancy of life that could otherwise be experienced. This mind-expanding read awakens a transformation, providing deep insight into the nature of self-imposed limitation. With a vision that is both intimately personal and significantly global, her philosophy asserts that the tendency to think with emotions rather than feel them diminishes happiness by shutting down intuition and cutting us off from our spiritual natures. Reading it is an inspiration to open to a more authentic expression of the self and to gracefully attract what we really want.

“If you’re tired of being sick and tired, this book will renew the spirit, free the heart and heal the body. *High Way From Hell* perceptively blends the Body-Mind-Spirit connection.”

-Gary Salinger, author of *Body Insight—Integrative Neuromuscular Therapy* and director of Healing Arts Institute, Fort Collins, CO

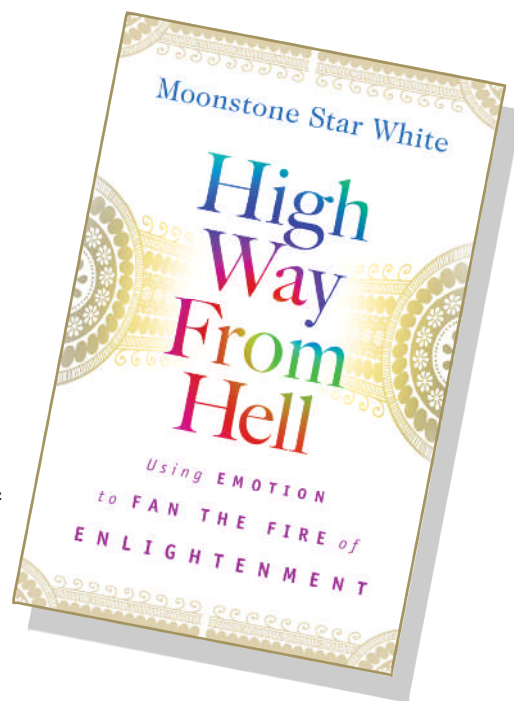
“This book dusted off the cobwebs from my mind and gave me new insight and enlightenment. I will keep it near me (as I do *The Four Agreements*) and re-read...”

- Peter S. Carlson, Media Producer and President, Sagebrush Productions Inc.

“This book offers more than food for thought. It is a feast for hungry souls. I was thunderstruck by the power and simplicity of the realizations I had while reading it.”

– Michelle West, Entertainer

“If you like to highlight your books, get a new highlighter.” - Barbara Shannon, Aroma Therapist and Educator



Moonstone Star White

Author: Moonstone Star White is a mystical visionary and a spiritual maverick. First a writer and poet by nature, she graduated in 1977 with a journalism degree from Iowa State. She is also a hypnotherapist, certified by the International Medical and Dental Hypnotherapy Association, the American Board of Hypnotherapy and the International Hypnosis Federation. At different times she has been a practitioner of Transcendental Meditation, yoga, Shotokan karate, Tai Chi and Qi Gong. In 1980 she had a spontaneous and profound mystical experience that transformed the direction her life would take. In the years following she explored many diverse personal growth avenues and retreats, and began journaling the realizations, concepts and ideas that became her message in *High Way From Hell*. Throughout her journey she has made her living by changing with chameleon-like versatility. She has been a self-employed artist, bartender, certified massage therapist, aromatherapist, spiritual energy healer and real estate broker. Today she is focused on helping others discover the freedom that lies within their own hearts.

For more information please contact:

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Phone: (850) 515-1416 Fax: (850) 936-8384
Toll Free: (877) 832-4400

www.SpiritWindPublishing.com
www.HighWayFromHell.com
books@spiritwindpublishing.com

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