



## Soul Nourishment

*Kate Williams*

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## **Soul Nourishment** Kate Williams

Soul Nourishment combines various disciplines including counselling, metaphysics and yoga, as well as both one-to-one client work and working with groups, to produce a down-to-earth, holistic and creative approach to personal growth.

Kate Williams concludes each chapter with lessons on tools and exercises such as meditations, visualisations, creative tools, breath work, bodywork, spiritual treatments and affirmations, and develops a theoretical basis into an interesting and accessible read.

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