



The Essential Guide to Crystals, Minerals and Stones

Margaret Ann Lembo

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Improve your life on all levels—mentally, physically, emotionally, and spiritually—with this essential reference guide to 160 easily-procured crystals, minerals, and stones. Packed with practical knowledge and 190 beautiful full-color photos, this easy-to-use handbook will teach you all about the gemstone world.

Each page provides you with concise information: stone name and properties, color, corresponding chakra, planet, element, zodiac sign, numerological association, and mental, emotional, physical, and spiritual uses. Margaret Ann Lembo's metaphysical crystal directory will also give you Mohs scale ratings, divinatory meanings, and a series of positive affirmations for each stone. Learn how to charge, cleanse, and use gemstones in healing grids, plus how to use them as oracles for personal development and spiritual awakening.

Praise:

"When energetically used with the understandings and tips provided in this A–Z essential guide, all good things are possible. Your 'everything' go-to for crystals!" —Cyndi Dale, bestselling author of *The Complete Book of Chakra Healing* and *Beyond Soul Mates*

"A must-have guide for anyone who even enjoys picking up rocks. Her straight-from-the-hip approach is matched by her passion, love and knowledge of each and every geode, multifaceted crystal, and everything in between." —Joan Ranquet, author of *Communication with All Life*

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Omar Yoder:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled The Essential Guide to Crystals, Minerals and Stones can be great book to read. May be it is usually best activity to you.

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Richard Shumate:

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