



Ilchi Lee Book, Healing Chakras, Had Foreign Rights Sold by BEST Life Media to Publishers in Italy and Russia

Best Life Media has just announced that they have sold the foreign rights to Healing Chakras by Ilchi Lee to publishers in both Italy and Russia. Based on Ilchi Lee's Brain Education method, this book promotes holistic health and energy healing.

(Vocus/PRWEB)February 05, 2011 -- The foreign rights to one of [Ilchi Lee's books](#) on Brain Education, [holistic health](#), energy and meditation, Healing Chakras: Awaken Your Body's Energy System for Complete Health, Happiness and Peace, have been sold by Sedona, Arizona-based publisher BEST Life Media to publishers in both Italy and Russia.

With the help of foreign rights agent Nigel Yorwerth of Yorwerth Associates, BEST Life Media, a publisher of various body mind spirit books, DVDs, CDs and other media, sold the right to publish Healing Chakras in Russia to Popuri. This Russian publisher has already published six other books written by Ilchi Lee--Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life; Human Technology: A Toolkit for Authentic Living; Dahnhak Kigong: Using Your Body to Enlighten Your Mind; Brain Respiration: Making Your Mind Creative, Peaceful and Productive; Healing Society: A Prescription for Global Enlightenment and Meridian Exercise for Self-Healing. Yorwerth Associates also helped to sell the foreign rights to Healing Chakras to Italian publisher Macro Gruppo Editoriale Srl, who has also published Brain Respiration by Ilchi Lee.

Written after the international workshop tour of the same name that Ilchi Lee underwent from 2001 to 2003, Healing Chakras speaks on the seven energy centers within the body postulated by traditional Asian medicine. Lee writes in the Introduction, "This book is based on the notion that energetic health is the foundation of mental, physical, and spiritual health. Energy is the root of body and mind. By understanding and mastering energy, you can unlock the secret to changing yourself and the world. When a chakra changes, energy changes. When energy changes, personal transformation is achieved."

In Healing Chakras, Ilchi Lee examines each chakra individually and provides step-by-step meditations and exercises for self-practice. He includes a 45-minute companion CD featuring a complete chakra training and healing regimen including guided meditations using chakra colors. Lee states, "One unique aspect of this chakra program is how it is connected to the human brain, which is ultimately the mediator of the health of the entire chakra system." Lee shows how through this connection between the brain and the [chakra energy system](#), balancing the chakras results in a healthy body and mind and a peaceful life.

Availability:

Healing Chakras (ISBN 9781935127048) is available through neighborhood and online booksellers or it can be purchased directly from [BEST Life Media](#). Trade orders can be placed through SCB Distributors, Ingram, Baker & Taylor and New Leaf.

About Ilchi Lee:

As founder of [Brain Education](#) and Dahn Yoga, this author and initiator of a world of health and peace has written 32 body mind spirit books on meditation, Brain Wave Vibration and energy. His self development programs, used by thousands of people worldwide, are a unique blend of Eastern philosophical concepts and Western scientific understanding of the brain. Currently, Ilchi Lee serves as the president of the University of



Brain Education. He is also president of the Korea Institute of Brain Science and the International Brain Education Association.

About BEST Life Media:

BEST Life Media produces energy healing and yoga books, yoga DVDs, relaxation music and CDs, and other products that promote healthy body mind spirit living. Brain Education, which seeks to better the human condition through a variety of personal development techniques, serves as the underlying inspiration for many of our titles. Visit our website to browse our affirmation cards, chakra meditation guide, wall art, and personal journals. Whether you are well on your path, or just starting out, BEST Life Media has the tools to assist your spiritual growth. For information, call (877) 504-1106.

###



Contact Information

Michela Mangiaracina

BEST Life Media

<http://www.bestlifemedia.com>

(877) 504-1106 209

Online Web 2.0 Version

You can read the online version of this press release [here](#).