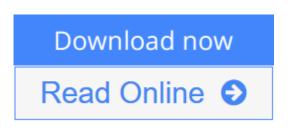


## **Cinematherapy for the Soul: The Girl's Guide** to Finding Inspiration One Movie at a Time

By Nancy Peske, Beverly West



#### **Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time** By Nancy Peske, Beverly West

Has your karma run over your dogma? Are you feeling anxious about the future, or wondering who turned down the dimmer switch on your inner light? The illumination you need is right at your fingertips. Settle into the lotus position, pick up your remote control, and let movies be your spiritual guide on your journey toward personal nirvana. From the bestselling duo who brought you *Cinematherapy, Advanced Cinematherapy, Cinematherapy for Lovers*, and *Bibliotherapy* comes CINEMATHERAPY FOR THE SOUL, a video guide guaranteed to help you become your own guru.

With 150 new reviews of classic and contemporary movies and thoughtful quotes to uplift you, CINEMATHERAPY FOR THE SOUL is guaranteed to help you discover that the movies will reinvigorate your tired spirit and help you find inspiration, one movie at a time.

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# Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time By Nancy Peske, Beverly West Bibliography

- Sales Rank: #1758760 in Books
- Brand: Delta
- Published on: 2004-02-03
- Released on: 2004-02-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .25" w x 6.00" l, .79 pounds
- Binding: Paperback
- 221 pages

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#### **Editorial Review**

#### Review

"A 'must-have' for movie fans, but even if you don't watch many movies this book is a fun read."

#### From the Inside Flap

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#### About the Author

Nancy Peske and Beverly West are best friends, identical cousins, and the coauthors of *Cinematherapy for Lovers:* The Girl's Guide to Finding True Love One Movie at a Time, *Advanced Cinematherapy:* The Girl's Guide to Finding Happiness One Movie at a Time, *Cinematherapy:* The Girl's Guide to Movies for Every Mood, and *Bibliotherapy:* The Girl's Guide to Books for Every Phase of Our Lives. They live in New York City.

#### **Users Review**

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#### George Carter:

The knowledge that you get from Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time is a more deep you searching the information that hide inside words the more you get interested in reading it. It does not mean that this book is hard to comprehend but Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time giving you joy feeling of reading. The writer conveys their point in certain way that can be understood by simply anyone who read the item because the author of this guide is well-known enough. This kind of book also makes your vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this kind of Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time instantly.

#### **Dorothy Trimm:**

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