



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

By Nancy Peske, Beverly West

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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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### 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

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.

#### 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

#### From reader reviews:

#### 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:

The book untitled *Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time* contain a lot of information on the idea. The writer explains her idea with easy approach. The language is very straightforward all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author gives you in the new period of literary works. It is possible to read

this book because you can keep reading your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site as well as order it. Have a nice read.

**Sarah Davis:**

This Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time is fresh way for you who has interest to look for some information since it relief your hunger details. Getting deeper you onto it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this Cinematherapy for the Soul: The Girl's Guide to Finding Inspiration One Movie at a Time can be the light food to suit your needs because the information inside this particular book is easy to get by simply anyone. These books acquire itself in the form and that is reachable by anyone, yep I mean in the e-book application form. People who think that in book form make them feel sleepy even dizzy this e-book is the answer. So there isn't any in reading a e-book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book variety for your better life as well as knowledge.

**Vickie Gilbert:**

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