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New Book by Spiritual Counselor Ashira O. Young Helps Readers Use their Own Wisdom to Heal

MindStir Media author Ashira O. Young's 340 page book is set to change the lives of its readers by showing them the power of self-healing.

PORTSMOUTH, NH – Ashira O. Young – MSW, LSW, CEEP, CBCCP, Ph.D. Candidate, creator of the Body Wisdom Program, and author of the children's book, "An Angel for Olivia" – has released her latest book, [5-Second Genius: Access Your Inner Wisdom in a Flash](#). The book helps readers use their inner wisdom to heal.

From the back cover: *5-Second Genius: Access Your Inner Wisdom In a Flash is a powerful testimony to the truth that we all have access to an unlimited reservoir of wisdom within our subconscious. If you would like to know how you can heal unresolved wounds, expand your consciousness, and view your world from a grander perspective, this book is a must-read. You will learn how to communicate with your subconscious to produce those "aha" moments that transform your life in an instant. Connecting with the God-Source within provides you with the ability to live a massively empowered and fulfilled life.*

5-Second Genius: Access Your Inner Wisdom in a Flash has also received positive endorsements from multiple sources, including bestselling author Robert G. Allen: "This book is a must-read for those who are seeking non-invasive healing alternatives to restore health physically, emotionally, spiritually and psychologically. We have the power to heal ourselves and Ashira Young shows you how."

[5-Second Genius: Access Your Inner Wisdom in a Flash](#) is available as a paperback book at Amazon.com, Barnesandnoble.com and other fine retailers worldwide (978-0997357530). Wholesale orders can be placed through Ingram. The e-book version is forthcoming. Ashira is available for interviews. Please call Rob Rop at 800-767-0531 to arrange an interview or send an email to info@mindstirmedia.com.

About Ashira O. Young:

Ashira Young is highly credentialed as a licensed social worker, spiritual counselor, practitioner of the Emotion Code and Body Code, and a PhD. Candidate in Integrated Medical Studies. She is also the creator of the Body Wisdom Program. Ashira travels internationally and conducts workshops, seminars, and retreats teaching participants specific techniques to access the unlimited wisdom residing within them. As a result, lives have transformed, illnesses have been reversed, and relationships have been healed. For more information, go to <http://www.yourhealingpathway.com> and <http://www.ashirayoung.com>.

About the book publisher, MindStir Media:

MindStir Media LLC offers a wide variety of self-publishing services such as custom cover design; interior layout; ISBN assignment; printing; ebook conversion; distribution; and marketing assistance. MindStir Media also provides one-on-one coaching from bestselling author J.J. Hebert, making its book publishing services completely unique and "Mind-Stirringly Easy," as the company puts it. To learn more about publishing a book with MindStir Media, visit <http://www.mindstirmedia.com> or call 800-767-0531.

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