

THE ALCHEMY OF INNER WORK
A Guide for Turning Illness and Suffering into True Health and Well-Being
(Red Wheel Weiser, January 2021)
By Lorie Eve Dechar with Benjamin Fox

"Everyone should read this treasure trove of essential inner knowledge. This book is a magnificent accomplishment."

—Caroline Myss, author of *Anatomy of the Spirit* and *The Power of Prayer*

"True health is more than the elimination of symptoms; it is a reconnection of our bodies with our souls and spirits. This understanding is urgently needed in our world. *The Alchemy of Inner Work* is a magnificent book, a gift for all who seek to transform suffering and disease into well-being and wholeness, for themselves and for others. It is the right book at the right time."

—Michael J. Gelb, author of *How to Think Like Leonardo da Vinci*
and *The Art of Connection*

"Lorie Dechar brilliantly illuminates the rich symbolism of Chinese medicine for application to the modern lifestyle. In this extensive guide she blends magic with practical techniques to help people transform illness and manifest their destiny. *The Alchemy of Inner Work* elegantly explains practical methods that are applicable for both clinicians and non-professionals—highly recommended!"

—CT Holman, author of *Treating Emotional Trauma with Chinese Medicine*
and *Shamanism in Chinese Medicine*

"*The Alchemy of Inner Work* shows the reader, through the author's transparency and lucid presentation, how notions of soul and subtle body are necessary for the only healing that matters, a return to wholeness. The book vibrates with years of experience, and many lifetimes of engaging the alchemical mystery of the creation of a Self that has a body. I highly recommend it to both the general reader and therapist alike."

—Nathan Schwartz-Salant, Ph.D., author of *The Mystery of Human Relationship*

"If you're very lucky in life, you'll discover a wise guide like Lorie Dechar, who will take your hand and lead you on the path of magic and mystery of healing at the level of your soul. With her wealth of knowledge and deeply kind heart, Lorie gives you practical tools and information you can put to immediate use and a true initiation into wholeness. This is a new form of medicine that redefines what healing really means. Lorie has supported powerful change in my own life, and there is no one better equipped to help you transform both your inner and outer worlds. This book will always be an essential resource for you, no matter where you are in your own personal journey."

—Jean Haner, author of *The Five Element Solution* and *Clear Home Clear Heart*

"What a masterpiece! More pertinent today than ever, Lorie Dechar skillfully weaves the timeless wisdom of the Tao into a life changing journey, touched with the intimacy of clinical experience. Combining myth, medicine, and magic, *The Alchemy of Inner Work* comforted and challenged me, as it worked its way into my cells to transform me, as only true alchemy can. The ancient wisdom classics allude to immortality; Lorie flat out shows us the way. The Tao that can't be told has just been."

—Randine Lewis, Ph.D., L.Ac., FABORM, author of *The Infertility Cure*
and *The Way of the Fertile Soul*

"*The Alchemy of Inner Work* is a book for anyone who wants to awaken the inner healer to transform individual suffering. The book provides meditations and user-friendly tools to support readers in achieving a needed shift in consciousness—the key to alchemy—that can heal lives and help save our planet."

—Dr. Lorne Brown B.Sc., CPA, Dr.TCM, FABORM, CHt,
author of the *Acubalance Fertility Diet*