

# Crystals for Beginners

*author: Karen Frazier*

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## Synopsis

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| author     | Karen Frazier  |
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| readBy     | Ann Richardson |
| inLanguage | english        |

Learn the holistic way to heal with *Crystals for Beginners*

Balancing mind, body, and soul often feels impossible, but it doesn't have to be a struggle. Holistic healing methods with crystals can help harness energies and establish a positive and healthy lifestyle. In *Crystals for Beginners*, intuitive energy healer and author Karen Frazier walks listeners through the basics of how to become our best selves using crystals. You'll learn how to heal, find balance, and everyday wellness with crystals. *Crystals for Beginners* is your go-to reference guide for healing your way to greater health and happiness.

*Crystals for Beginners* provides:

- Crystal Healing 101** - Covering everything from how to start your crystal collection to healing methods.
- Crystal Profiles** - Featuring in-depth information at how, where, and when to use 10 essential crystals and 40 others.
- Crystal Remedies** - Identifying the most effective crystals for a given issue and demonstrating the different ways to use them.

Crystals can help with: Abuse, addiction, anger, anxiety, balance, boundaries, compassion, courage, decisiveness, envy, forgiveness, gratitude, grief, happiness, inner peace, love, motivation, negativity, patience, prosperity, regret, rejection, self-confidence, stress, and trust.

Discover natural cures for everyday ailments with this crystal-clear beginner's guide.

**PLEASE NOTE:** When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

# Reader's comments

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