

“What an excellent resource. It’s unique, interesting, informative, and clear—all packaged with brilliant insight and a personal touch. I highly recommend this for everyone.”

—Dr. Melinda Nevins, D.O.

CHERIE KEPHART

A large, stylized blue leaf graphic is positioned on the left side of the cover, extending from the top to the bottom. The leaf is composed of several overlapping, semi-transparent blue shapes that create a sense of depth and movement. The main title is centered on the page, with the words 'THE HEALING' stacked above '100'.

# THE HEALING 100

A Practical Guide to Transforming  
Your Body, Mind, and Spirit



# PRAISE

## *for Cherie Kephart and The Healing 100*

“This multidimensional healing guide contains practical strategies and tools that anyone can use right away. It introduces a well-rounded collection of healing modalities all in one place in an easy to digest way. This book is a must-have resource for anyone looking to heal from within. As a health coach, this is an invaluable resource for me and my clients.”

—Cindy Blaser, FDN-P  
Holistic Health and Nutrition Coach

“Readers will find a rich treasure-trove of healing resources in this delightful, accessible work. Ms. Kephart writes with the voice of a compassionate survivor. Like a wise friend, she guides the reader through gentle healing practices that provide relief and hope.”

—Gina Simmons Schneider, Ph.D., author of  
*Frazzlebrain: Break Free from Anxiety, Anger and  
Stress Using Advanced Discoveries in Neuropsychology*

“Within Cherie Kephart’s comprehensive healing guide, I found resources that have, quite simply, improved my life!”

—Reina Menasche, *Licensed Clinical Social Worker*  
and author of *Silent Bird* and *Twice Begun*

“Cherie has compiled a comprehensive, fun list of healing modalities in accessible little wisdom nuggets. An inspiring collection of great reminders of how many different ways to help, heal, and live at our best.”

—Debra Wanger, Certified Wellness Coach  
and author of *The Resilient Actor: How to Kick Ass  
in the Business Without it Kicking Your Ass*

“Healing is a multilevel process with many approaches and philosophies, but if you want to learn the best, learn from someone who’s been there and done the work: Cherie Kephart, author of *A Few Minor Adjustments*.”

—Matthew Pallamary, author of *Spirit Matters*  
and *The Center of The Universe Is Right Between  
Your Eyes But Home Is Where The Heart Is*

“What an excellent resource. It’s unique, interesting, informative, and clear—all packaged with brilliant insight and a personal touch. I highly recommend this for everyone.”

—Dr. Melinda Nevins, D.O.

“*The Healing 100* is an excellent resource of a well-researched collection of helpful modalities, practices, and tools. Cherie, through her amazing direct experiences from a myriad of health challenges, has thoughtfully compiled the many different ways you can help yourself heal.”

—Willow MacPherson, Homeopathic Practitioner

“What Cherie has created transcends any ordinary healing guide; it’s a gift to all, because we are all in need of healing.”

—Tenia Bentley, Holistic Health Practitioner

“*The Healing 100* is a concise, well-written source of healing possibilities. While it shares a plethora of non-evasive modalities, it also inspires us towards the underlying healing lessons that bring about real transformation.”

—Shelley McQuarter, Founder & Director  
of Learn Homeopathy Now



**THE  
HEALING  
100**



# THE HEALING 100

A Practical Guide to Transforming  
Your Body, Mind, and Spirit

CHERIE KEPHART



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For all those who have helped me heal—  
I am soaring because you cared.

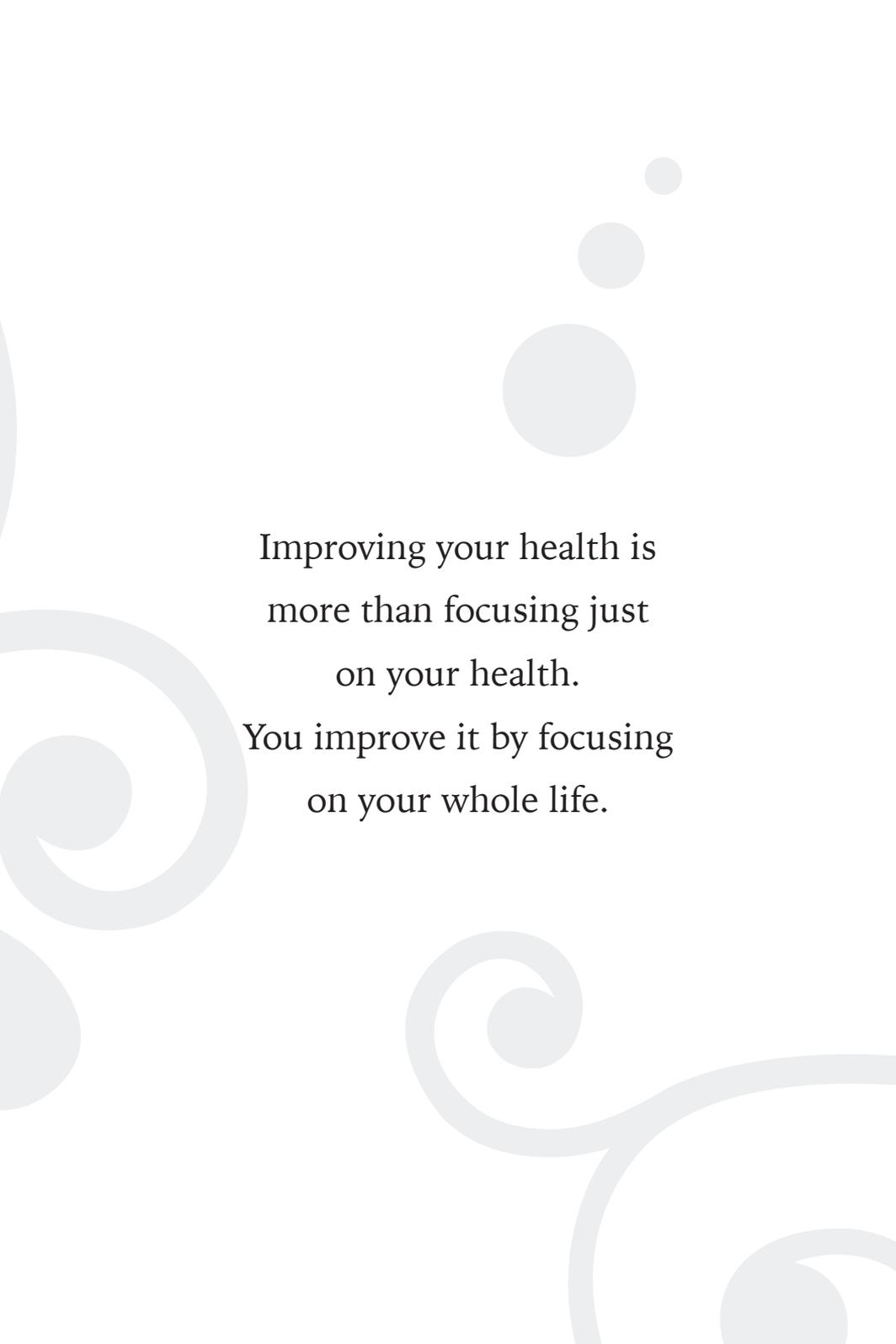


## AUTHOR'S NOTES

I wrote this book as a companion guide to my award-winning memoir, *A Few Minor Adjustments: A Memoir of Healing*. Since the release of my memoir, I have received an outpouring of heartfelt messages from readers inspired by my story. This powerful outreach has strengthened my passion to continue writing and sharing my experiences.

Who is this book for? It's for everyone in need of healing. Wait, isn't that everyone? Okay then, this book is for everyone.

And just like with my memoir, if you learn anything from this book and decide to abruptly change your life, it is not my fault. But any laughter you experience, I'll take credit for that.



Improving your health is  
more than focusing just  
on your health.

You improve it by focusing  
on your whole life.



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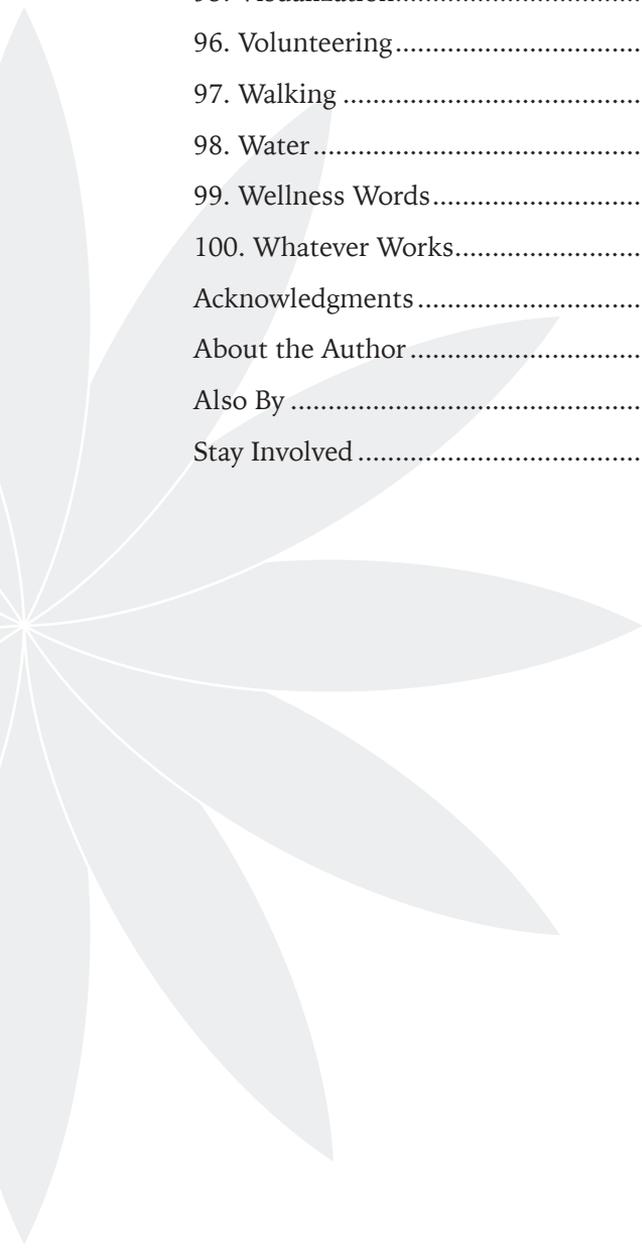


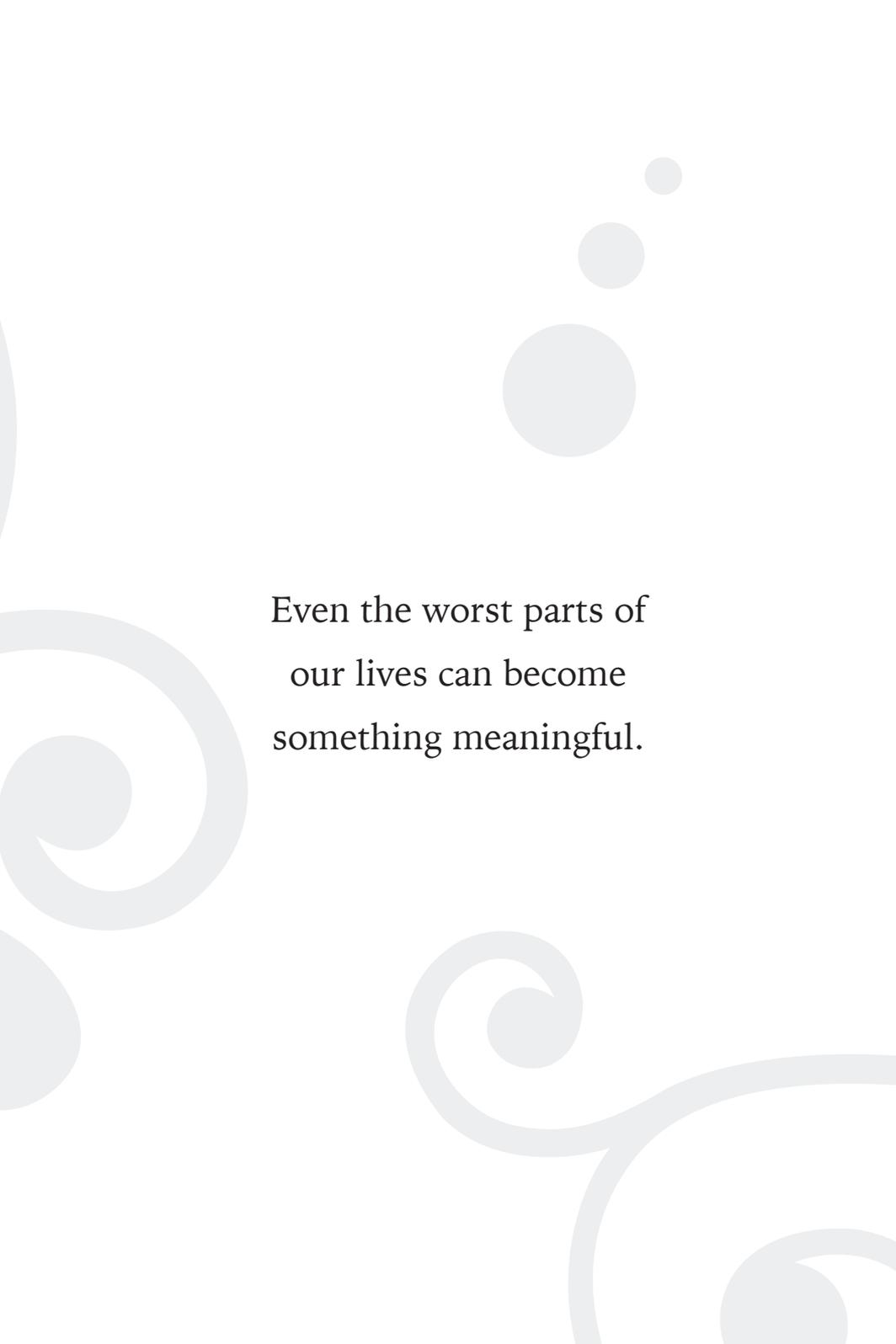
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The background features several light gray decorative elements. In the upper right, there is a vertical sequence of four circles of increasing size from top to bottom. On the left side, there are two large, thick, light gray swirls that curve inward. In the lower right, there is another large, thick, light gray swirl that curves outward.

Even the worst parts of  
our lives can become  
something meaningful.



# WELCOME TO THE HEALING 100

On tax day, April 15, 2004, when most of the United States was rushing to the post office before the tax deadline, I was being rushed to the hospital. At thirty-two years old, I collapsed in my shower, crawled to the phone, and called for help.

That was the start of my long, arduous journey with a chronic, mysterious illness.

Until that day, I was an athlete competing in beach volleyball, a runner racing in marathons to raise money for charities, a successful scientific and technical writer, and a world traveler who had been to more than forty countries. But all that came to an arresting halt.

I spent the next several years searching for answers. I had two goals: (1) find a diagnosis, and (2) try not to die. I had more than twenty symptoms, such as a rapid heart rate that raced up to 200 beats per minute while resting, neurological symptoms, intense neck pain, vertigo, debilitating fatigue, digestive issues, and more.

I went from doctor to doctor and underwent numerous tests, evaluations, and experimental treatments. I endured an exploratory heart procedure and tried medications, herbs, and supplements, taking up to forty-six pills a day. I



even saw eccentric healers like a Russian ex-physicist who waved fertile chicken eggs over my chest to try and reset the erratic beat of my heart. I tried anything and everything people suggested I try.

After six years, I was bedridden, hallucinating, and being spoon fed. I was dying. The worst part was I didn't even know why. For the full harrowing and sometimes humorous story, check out my memoir, *A Few Minor Adjustments: A Memoir of Healing*.

Finally, I began to heal. Now, I am on the road to restored health. I'm often asked, "What helped you heal?" I always respond the same way: "It isn't just one thing, it's a hundred."

With that in mind, I'm excited to share with you what I call *The Healing 100*, the core one hundred healing modalities, remedies, and treatments that delivered me from the precipice of death, to truly living again. I have employed all of these healing techniques over many years, some for a short duration, and others that I still continue today. The one thing they all have in common is that they assisted me on my healing path.

Think of having a toolbox for your health. We all have one that we fill up with different tools throughout our lives, using each one as needed, depending on our circumstances. *The Healing 100* are my favorites—my essential tools. These are ones I know I wouldn't be alive, or sane, without.

Through my search for life-saving answers, I discovered that real healing is not just about healing the physical; it is about healing the body, mind, and spirit together. Without attention to fully restoring all three of these aspects of ourselves, we cannot completely heal. In addition, it is never about just one approach, one technique, or one remedy.

Healing at this deep level, becoming whole, vibrant, and free of *dis-ease*, calls for an assortment of tools. This guide focuses on all aspects of healing, highlighting several different techniques designed to bring about a return to total well-being.

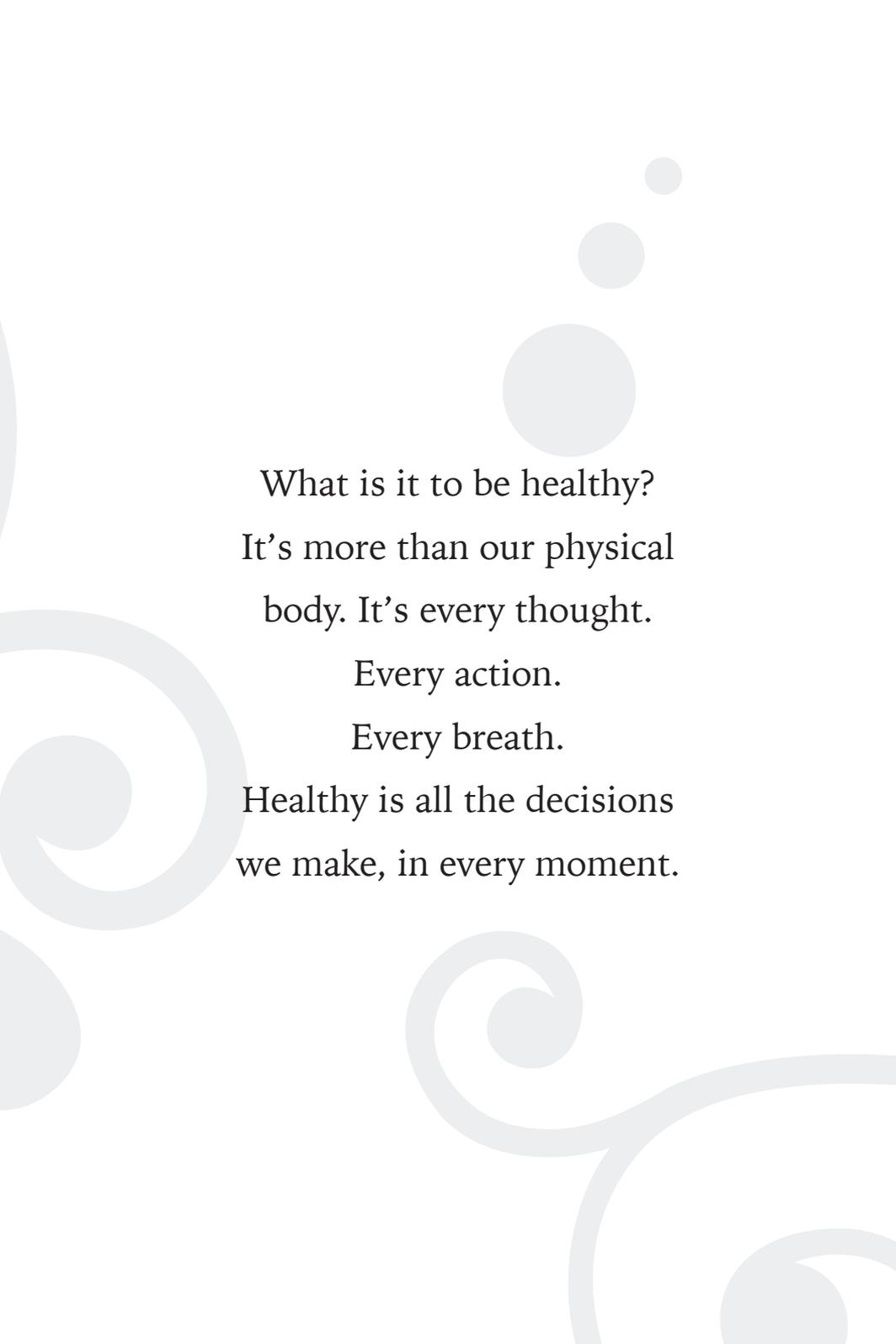
Books could be, and have been, written about many of these one hundred tools. This guide serves as an invitation to try them, with the aspiration of creating a higher level of consciousness regarding health and the healing process.

Perhaps you will try only one tool, or you might try them all. Whatever you decide, I hope you'll keep an open mind and give them a chance. Everyone is different, so find what resonates with you and focus on those. Some of them may not be needed right now but may be useful later, or you may know someone who could benefit from them. It is also important to note that not every tool works for every person; if it doesn't feel like it is working for you, move on and try another one. Remember, different things work for different people.

Thank you for joining me on this journey. I am delighted to share with you all I have learned. Remember, healing starts with belief. Enjoy the process and believe that you can heal.

Wishing you the best of healing and happiness,

Cherie Kephart, author of  
*A Few Minor Adjustments: A Memoir of Healing*



What is it to be healthy?  
It's more than our physical  
body. It's every thought.

Every action.

Every breath.

Healthy is all the decisions  
we make, in every moment.



# THE HEALING 100

LISTED ALPHABETICALLY

## 1 ACUPUNCTURE AND ACUPRESSURE

Dating as far back as 100 BC, acupuncture is one of the oldest Chinese therapies designed to release pain and promote healing. It is rooted in the understanding that we are all made up of energy known as qi (or chi). Acupuncturists place slender needles into select parts of the body with the goal of clearing blockages and restoring balance to the flow of qi. Acupressure, another Chinese therapy designed to relieve pain and support healing, is achieved through physical pressure by a hand or device placed on particular points of the body. I have had excellent results from each; from calming my rapid heartbeat, to soothing muscle and joint pain, to boosting my immune system to help fight infection. Although I sometimes feel like a pin cushion, acupuncture is rarely painful, and mostly a relaxing, rejuvenating experience.

## 2 AFFIRMATIONS

Just like your body has energy moving through and around it that affects your well-being, words also contain energy that can affect your experiences. Affirmations create a positive



experience. Find affirmations that resonate with you. Even better, create your own. Be specific. Construct them in the present tense, as if they are already happening, and when you say your affirmations, be aware of how you feel. If you affirm, “I am strong,” then focus on feeling strong. Here are some affirmations I have adopted that help me:

- I am happy, healthy, and full of energy
- I welcome kindness, laughter, and peace into my life
- I am healing and achieving optimal health
- I am loved and full of love
- The world is joyful and my life is a success
- I am safe
- I am at ease
- I am whole
- I am infinite

### 3 AIR PURIFIER

An air purifier is a machine that eliminates pollutants, toxins, and impurities from the air in a room or space. It can reduce or remove dust, dust-mite waste, mold spores, pet dander, smoke particles, and some bacteria and viruses. Air purifiers are especially beneficial for people with allergies and sensitivities. I sleep with one in my bedroom and run it on low all night. Ever since I started using it, my sinuses have cleared up; I sleep better, and I don’t have a sore throat

and dry eyes in the morning. Since there are many different kinds of air purifiers, do your research.

There are other ways to purify the air, like adding plants to your home or office. Not only will they increase the purity of the air, they are naturally calming and decorative. I love my plants, and I think they love me too. Himalayan pink salt lamps are also a wonderful addition to any space. They naturally purify the air by pulling toxins from the room and neutralizing them. I love my salt lamp just as much as I love my plants, and the bright orange glow is a beautiful bonus.

#### 4 ALLOPATHIC MEDICINE

As much as I prefer natural and organic ways of healing to allopathic (or Western) medicine, it is often a fundamental part of health. I believe that a combination of modalities promotes healing. The key is to figure out when you can use a more natural remedy or technique, and when you require a more mainstream, medicinal approach. As an example, I received a heart procedure that saved my life, and I am indeed grateful for all the staff, medicines, instruments, and techniques that went into that. Another time during my illness, I endured six months of IV antibiotics, steroids, and a host of other pharmaceuticals that also saved my life. Approaching your health with an open mind is imperative for any healing to occur. I wanted to cure myself naturally, and for a while, I was unwilling to use some forms of allopathic medicine. This reluctance almost killed me. I had to learn to be open to all possibilities. Whether choosing allopathic, natural, or a combination of the two, I am always sure to research, educate myself, and talk to professionals when exploring my options, so I can discern what is best for me.



## 5 AROMATHERAPY AND ESSENTIAL OILS

Essential oils are highly concentrated, derived from plants, and useful to improve emotional, physical, and mental health. The practice of inhaling them, known as aromatherapy, can be emotionally and mentally therapeutic. When applied topically to the skin, they also have healing properties. I use lavender oil on my pillow and in my bath to help me relax and sleep, since lavender evokes calmness. When I have an upset stomach, bloating, or constipation, I rub a drop or two of pure peppermint oil on my stomach, which aids digestion. Using aromatherapy and essential oils is simple. Dilute a small amount in a base of water or oil, and apply it to your skin or inhale it. You can also diffuse, simmer, or use them in a lamp. Be sure to purchase pure oils that are 100% from botanical extracts, with no other ingredients, fragrances, or chemicals.

## 6 ART THERAPY

Art therapy, also known as expressive art therapy, is the creation of meaningful and thought-provoking works of art without focusing on the result. The process of making art is the most important part. Engaging in art forms like ceramics, creative writing, drawing, jewelry making, needlepoint, painting, photography, or sculpting enables the imagination to flow freely. This de-emphasizes the attention on pain and illness, redirecting your energy toward a more relaxed and happier state. We are creative beings, so by expressing your creativity you are triggering positive brain function and a sense of well-being. For example, I love sea otters—I am not certain if they even know I exist, but my affinity for them remains unchanged—so I sketched one. I felt so

happy doing it, and the sight of that sketch still makes me smile. Find what makes you happy, and start creating!

## 7 BACH FLOWER ESSENCES

Bach flower essences were discovered by Dr. Edward Bach, a physician, pathologist, and bacteriologist. Each remedy is created from nature and designed to help overcome emotions like anxiety, depression, fear, guilt, resentment, shock, and others. I have found them to be safe, effective, and easy to use. First, identify the correct remedy by consulting with a flower essence practitioner or a health expert in your local health food store, or look online at [Bachcentre.com](http://Bachcentre.com).

Once you have identified the correct remedy, place a few drops of it under your tongue, and one drop on each wrist. Do this a couple of times a day until you notice a shift. These remedies also come with corresponding affirmations, which can increase their healing benefits. Over time, you may notice that you need certain remedies more often than others. I used to take *Pine* for guilt that I placed on myself for silly things. I was always too hard on myself, so I practically bathed in *Pine*. With the help of essences and the affirmations, I healed my tendency to beat myself up. I don't feel sucked into guilt anymore. I realized it is a useless emotion that doesn't help anyone. Find what you want to conquer most and try that. It is a beautiful experience to work through emotional and mental obstacles and leave them behind.

## 8 BELIEVING

To heal, we need to *believe* that we can. Once you understand this, it's amazing what can happen. Since the body, mind, and emotions are intricately connected, you can't heal the



body without shifting mentally and emotionally. I am proof that healing is possible. When I started living from a space of believing, I began to heal. I let go of the gloomy cloud looming over me. I decided the sun was going to shine on me, and once I believed that at my deepest core, it did. I encourage you to take this step, and believe, believe, believe.

## 9 BEING ACCOUNTABLE

When I first became ill, I wanted to blame something for my illness: a pathogen, place, or person; anything other than myself. After years of introspection, I discovered there is no one and nothing to blame. It was a defining moment when I realized the part I played in my own *dis-ease*. No, I didn't go out looking for illness, nor did I wish for the pain and suffering that I went through. I especially didn't ask for the strange and dangerous health challenges I encountered living in Zambia as a Peace Corps volunteer. In retrospect, I realize it was my choice to take that position and move there.

I also contributed to my own ill health in a variety of other ways: living life too fast, exercising too much, not getting adequate nutrition, not getting enough sleep, suppressing my emotions, and a host of other bad habits. I learned that I had been too rigid and extreme. This is not to say that I needed to blame myself; quite the contrary. I simply needed to say to myself that I understand the things I have done and how they contributed to how sick and out of balance I became. I identified my role, my mistakes, and my missteps, and I thanked the person I used to be. Then I focused on how to make better choices to support myself as I moved on. I took accountability for my actions with compassion and love, enabling me to catapult forward.

## 10 BEING OPEN

The willingness to try new things, listen to new ideas, and keep your heart open to the new possibilities is a valuable trait. If you close yourself off to life, your ability to heal will be considerably diminished. By being open, your life has a limitless number of possibilities. What better way to turn your life in a positive direction than to try something new? Since you are reading this book, my guess is that you are already willing to try new things. That's fantastic. Even the slightest opening to change and seeking new things can deliver a whole new realm of possibilities. It's always good to check in with your intuition before trying something new. A healer once had me wave fertile chicken eggs over my chest to reset the erratic beat of my heart. Did it work? Why did I do it? The full humbling and hilarious story is in my book, *A Few Minor Adjustments*. The point is, I learned so much and wouldn't change or take back that experience because I healed in other ways from it. You will be amazed at what can happen when you open yourself to new techniques, ideas, places, foods, and experiences. Who ever said healing can't be an adventure? Be inquisitive, challenge your thinking, and be open to the wondrous pageant that is life.

## 11 BEING PRESENT

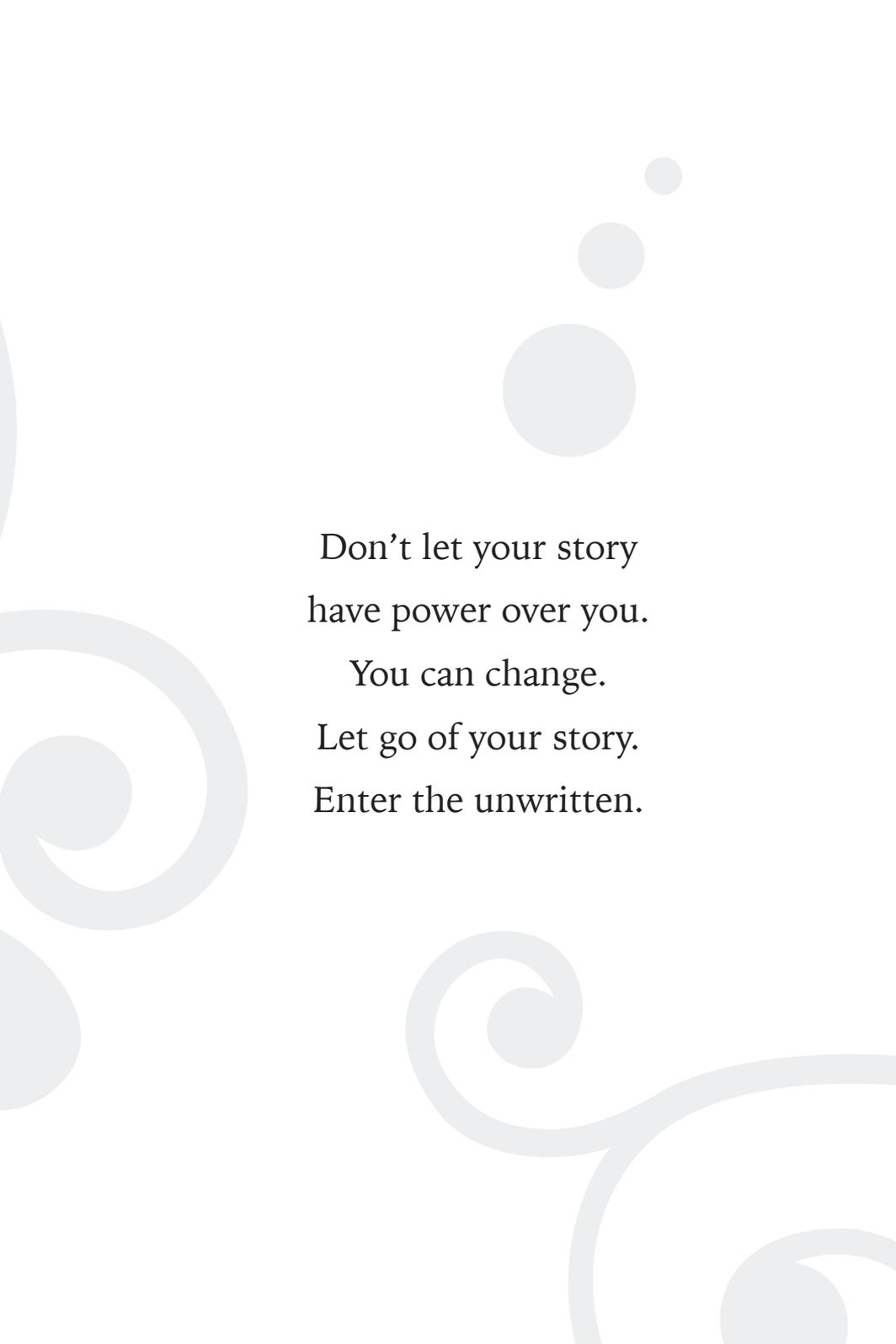
Being present is an important part of any healing process. We are almost always worried and not in the moment. When the mind is busy going over the past and planning for the future, it fatigues us. This creates stress. Balance is restored by engaging in activities that keep us in the moment. Being fully present is a key way to connect the body and mind. At first, this may seem challenging, but over time it becomes



easier and offers great rewards. When I notice my mind wandering or worrying, I gently ease my thoughts back to the day before me. It gets easier the more you do it. Don't get down on yourself; like with most of these techniques, we are retraining our brains. Be gentle with yourself and know that whatever you are doing is good enough.

## 12 BREATHING

Our breath is the bridge between our body and our mind. Every time we are tense, we hold our breath. Just breathing fully releases that tension. Learning to watch our breath teaches us to become more present and be able to slow down and control our mind from constantly over-thinking and worrying about something. Most of us are not breathing fully, deeply, and freely. I used to breathe shallow from my chest and was barely getting enough oxygen. I thought my body did everything for me and that I didn't need to do anything. Not true. Breathing is a voluntary as well as an involuntary process. To receive the full benefits from our breath, the first step is to practice being more aware of it. Try concentrating on it, even for just a minute a day. It is incredible what increasing the oxygen to your cells can do. There are breath therapists who can help. I have been to one who taught me better breathing techniques for both daily, mundane activities, as well as during meditation or stressful situations. Awareness is essential. Put a sign that says "Breathe" on your refrigerator, at your desk, or wherever you will see it. My doctor has one on her ceiling, so when her patients are lying down and receiving a treatment they see the sign and are reminded. Your breath is your life, so inhale and exhale with awareness and gratitude.



Don't let your story  
have power over you.

You can change.  
Let go of your story.  
Enter the unwritten.



## ABOUT THE AUTHOR

Raised in Venice, California, Cherie longed to travel and experience the way other people lived. After serving as a Peace Corps volunteer in Zambia on a water sanitation and health education project, Cherie returned to the United States with an African souvenir she didn't expect: a mysterious illness. She fell severely ill and almost died, leaving her with several symptoms that went undiagnosed for many years. This inspired Cherie to write her memoir, *A Few Minor Adjustments: A Memoir of Healing*, taking the reader on a powerful but entertaining journey through her adventures and search for life-saving answers.

Her memoir has won several awards and received an outpouring of heartfelt responses, motivating Cherie to write a companion book, *The Healing 100: A Practical Guide to Transforming Your Body, Mind, and Spirit*.

Cherie has earned a Masters in Medical and Cultural Anthropology and has been celebrated for her holistic approach to healing and her willingness to examine her life lessons in her writing.

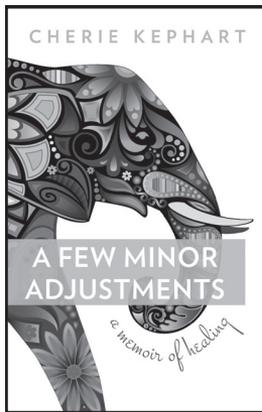
Stay connected at: [CherieKephart.com](http://CherieKephart.com)



# ALSO BY

CHERIE KEPHART

*A Few Minor Adjustments: A Memoir of Healing*



# STAY INVOLVED

## CONNECT WITH CHERIE ON HER WEBSITE

[CherieKephart.com](http://CherieKephart.com)

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## WRITE A REVIEW

for *The Healing 100*  
[CherieKephart.com/review](http://CherieKephart.com/review)

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