

(Continued from front flap)

- Improve all your relationships
- Replace old thoughts with new ones for a liberated life

**Suddenly, life seems so much easier!**

Self-Help / Inspirational

For six days and nights the visions persisted, each one a powerful *reverse take* on traditional wisdom.

Sacred gifts were revealed, so startlingly obvious, yet quietly hidden away. They were there all along for the taking, within reach...within us.

USA \$16.95 / CAN \$24.95

You don't have to give to the point of depletion anymore. Take first, keeping yourself whole and replenished, then share from abundance which, in turn, benefits others.

**This truth is the real gift!**

**DR. JILL KAHN**, author, speaker and whole-health practitioner/chiropractor, is an electrifying catalyst for self-healing. She is widely recognized for leading thousands, including the "incurable," back into abundance and wellness. She combines her medical knowledge, her intuitive gifts, and her powerful interactive guided realizations to reconnect people with their spirit and purpose so they can make their true health connections. Dr. Kahn enjoys a thriving, nationally acclaimed practice based in Atlanta, Georgia, where she resides with her husband and two children.

**MARDEENE BURR MITCHELL**, writer, speaker, collaborator on *The Gift of Taking*, is based in Atlanta. She has worked on numerous projects, including *Hidden Faces of the Soul: Ten Secrets for Mind/Body Healing from Kabbalah's Lost Tree of Life* with San Diego psychologist Dr. Sheldon Z. Kramer, Ph.D., (Adams Media), endorsed by Deepak Chopra, M.D.



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**The one message you thought you'd never hear...  
is one that will change your life forever.**

Is it always *better to give than to receive*? What happens when your well runs dry, and there's nothing left to give? In treating her thousands of patients, Dr. Jill Kahn is witnessing this problem in epidemic proportions. We're a world of people who feel depleted and overwhelmed, not good enough or healthy enough. We are put on this earth with everything we need to succeed. What happened?

We've had one of our "basic beliefs" all backwards!

Discover the real truth about giving and taking. To have an abundant, happy life, you must learn to TAKE care of yourself first and foremost. In this exciting and absolutely fresh look at old "truths," Dr. Jill helps you unwrap the surprising gifts that overflow from a well-tended mind, body and spirit.

Fill yourself up *first*, then you will have more than enough for all.

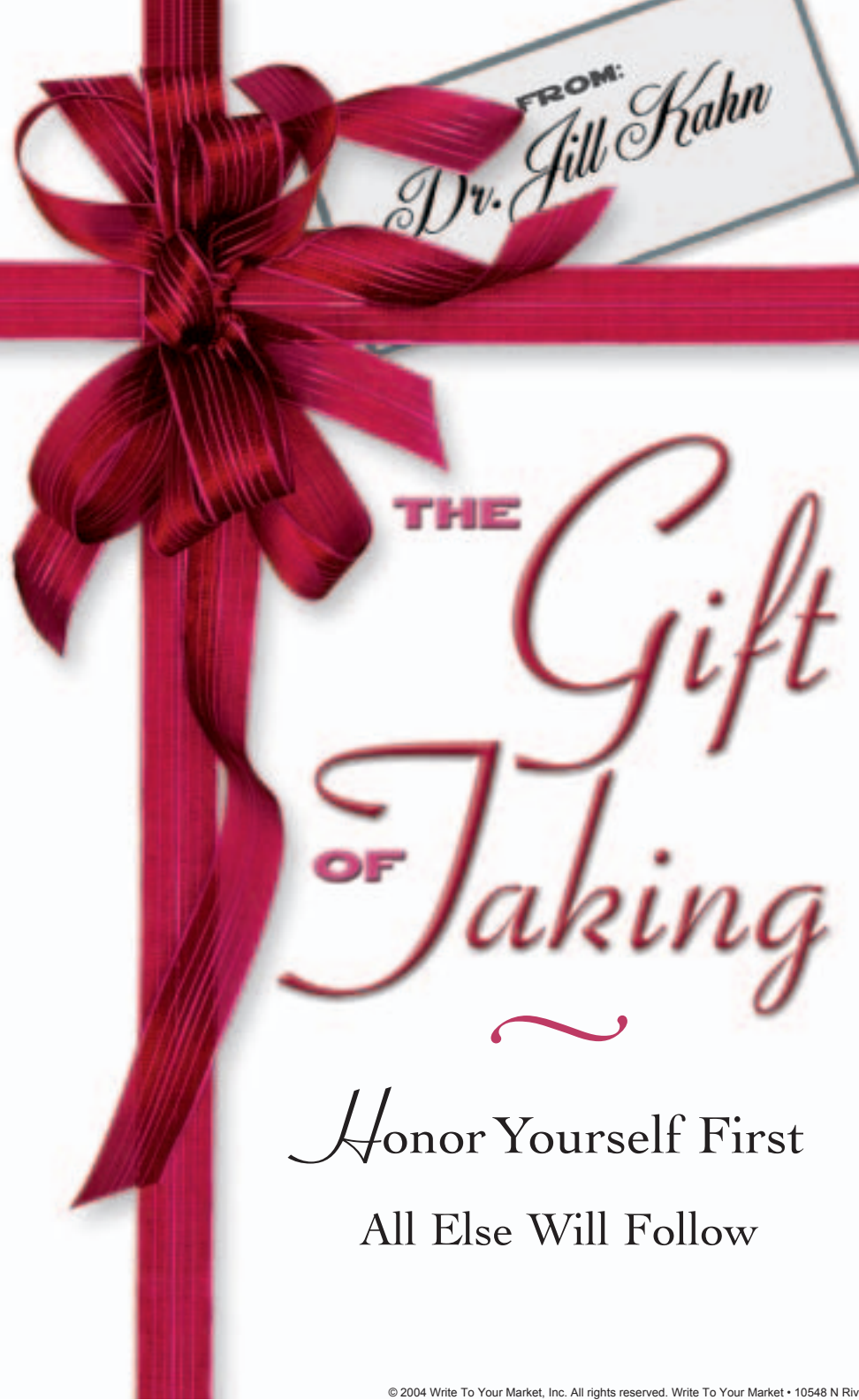
**The secret is in the taking!**



*The Gift of Taking*

Dr. Jill Kahn

Impressions Publishing



*Honor Yourself First*  
All Else Will Follow

We are born to succeed and excel! Why then, Dr. Jill Kahn wondered, were her days filled with patients not feeling good enough or healthy enough? People wanted to know "Why isn't my life working? Why is there never enough time? Why is everything so difficult? Where is my reward?" She craved solutions:

*"What is the answer?  
How can I help these people?"*

That prayer opened the floodgates, and answers came pouring in. During a six-day, sleepless marathon, an unexpected insight was revealed:

*"We've got it all backwards.  
The gift is in the TAKING!"*

Inspired by revelation after revelation, Dr. Jill used the messages she received to lead her patients to life-changing solutions and higher levels of healing.

As you follow along on this spiritual adventure, you, too, will discover what it takes to:

- Replenish yourself and enjoy the power of self-reliance
- Listen to your body's natural wisdom to lead you to wellness
- Reclaim your priceless self-worth and true fulfillment

(Continued on back flap)