

## The Solar Body

The Secret to Natural Healing

by Ilchi Lee



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Non-Fiction - Self Help

264 Pages

Reviewed on 05/25/2015

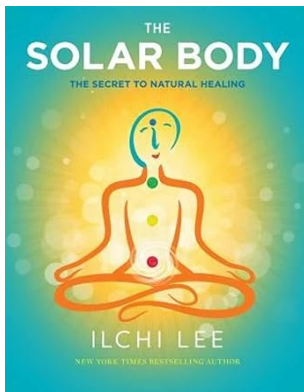
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## Book Review

**Reviewed by Jack Magnus for Readers' Favorite**

The Solar Body: The Secret to Natural Healing is a nonfiction, personal transformation self-help book written by Ilchi Lee. Lee is a world-recognized author, educator and mind-body trainer. In The Solar Body, he presents his theories on, and definition of, a solar body. He discusses the roles of breathing, body temperature, and having the mind function as an observer in maintaining optimal health and well-being. He presents a program that practitioners can use to maintain their own solar body, which consists of meditation, energy circuit training, and physical exercises, and he explains the benefits of each of them. The author provides a link for an instructional video that shows the proper forms and movements for the exercises described in The Solar Body. He concludes the book with selected testimonials and a biographical sketch.

When I began reading Ilchi Lee's nonfiction personal transformation book, The Solar Body: The Secret to Natural Healing, I hadn't dreamed that I'd become so enthusiastic about yet another self-help book. But the Solar Body is much more than that, and this fact quickly became evident to me. Lee is a marvelous teacher who clearly sets out his instructions in such a way that it's easy and very accessible. I couldn't wait to try out the various parts of his Solar Body program, and began trying each one as they were presented. The feelings of relaxation and well-being were instantly available to me, and I slept better last night than I have for some time. This morning, as I was writing this review, I stopped and worked through the video of the physical exercises. I was surprised to find a complete instructional video and enjoyed the provided guidance and support as I worked through it. I'm very impressed with Lee's personal transformation work, The Solar Body: The Secret to Natural Healing, and I most highly recommend it.



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### Author Biography



Ilchi Lee is a New York Times bestselling author and an innovative leader in human brain potential development. He has authored 37 books including "Change" and "The Call of Sedona." A true believer in the power of each person to change themselves and the world around them, he has developed many mind-body training methods, including Dahn Yoga and Brain Education. His methods have helped millions of people find their true potential and develop it for helping others.