



Secrets of Your Cells: Discovering Your Body's Inner Intelligence

By Sondra Barrett

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"It's rare that a medically trained scientist dares to venture into the mystical world of our cells and biology, but Dr. Barrett has both the courage and insights to do just that. By combining her scientifically trained mind with the wisdom of her heart, she takes us on an adventure of perceiving the inner workings of our bodies in a new way. This book will serve anyone curious about how our physical lives are related to this vast universe that we occupy." ?Leigh Fortson, author of *Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer*

"In *Secrets of Your Cells*, biochemist Sondra Barrett puts us in touch with the incredible beauty and organization of the cells of the human body as she translates the small-scale life of cells into large-scale lessons for living. This is the work of someone with a genuine reverence for the sacredness of life." ?Larry Dossey, MD, author of *Healing Words, Reinventing Medicine, and The Power of Premonitions*

"Sondra has the gift of a scientist's mind wedded to an artist's heart." ?Eli Jaxon-Bear, author of *From Fixation to Freedom: The Enneagram of Liberation*.

A guiding principle of the spiritual journey is to look within. Biochemist Sondra Barrett has done just that?and discovered that our cells offer us invaluable wisdom for transformation, relationships, and healing. With *Secrets of Your Cells*, this scientist and mind-body teacher takes you on a provocative journey into our inner universe. Exploring the cell's astonishing architecture, intelligence, and ability to function harmoniously, this book offers practical exercises for applying the lessons of our cells to live well and thrive. Join Dr. Barrett to learn:

- Practical guidance for engaging cellular intelligence in everyday life through our thoughts, choices, and actions
- Inner wisdom embedded in our cells about sanctuary, letting go, and being in the present moment
- What our cells can teach us about communication, cooperation, and purpose

- How the anatomy of our cells responds to energy, movement, and internal tension
- Cells and molecules as sacred art, as revealed by Dr. Barrett's fascinating color photographs of the inner and outer world

"Our cells are more than just fortuitous arrangements of chemicals," explains Dr. Barrett. "They are a community of trillions of sentient entities cooperating to create a sanctuary for the human soul." Drawing on the insights from shamanic practices, energy medicine, and the wisdom of our body's fundamental building blocks, *Secrets of Your Cells* is a thoroughly researched and accessible resource for putting cutting-edge biology into action.

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Editorial Review

Review

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"**Secrets of Your Cells** is a fascinatingly informative book. Since I believe that cellular health is a key to whole body health, and cell dysfunction comes from both deficiency and toxicity, I am very interested in learning all I can about my trillions of magnificent cells."

--Elson M. Haas, MD, author of **Staying Healthy with Nutrition** and **The Detox Diet**

"Barrett's unique combination of imagination and scientific scholarship takes the reader far deeper than a simple directive to "Look within." The connection between cells and consciousness in *Secrets* is undeniably revealing.

This is the compelling metaphor unveiled in *Secrets of Your Cells*. Author Sondra Barrett is a biochemist whose research sits at the crossroads of science and spirituality, where she explores how cell structure provides a common "spiritual architecture" for values, rituals, and art across cultures. " - *Spirituality & Health Magazine, May/June 2013*

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From the Author

Secrets of Your Cells puts cutting-edge biology into practice for healing body, mind and spirit. It brings together science and the sacred with our cells as guides. Be inspired by your cells and discover all that they can teach you about life, love and thriving.

Please write a review of the book, feel free to email me at my website. Sondra[at]sondrabarrett[dot]com
Plus listen to the 'wild' interviews by Tami Simon, publisher of Sounds True, to learn more.

- Part 1 of **Your Cells are Listening** soundstrue.com/weeklywisdom/?source=podcast&p=7575&category=IATE&version=full
- Part 2 soundstrue.com/weeklywisdom/?source=podcast&p=7599&category=IATE&version=full
- This is the Sounds True page - soundstrue.com/shop/Secrets-of-Your-Cells/4336.pd
- Watch a short video to get a sense of me introducing **Cells and the Sacred workshop** youtu.be/OmAtdwYg5Rk
- **My Youtube channel** with cells, wine and much more - youtube.com/user/SondraBarrett/videos

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About the Author

PhD Sondra Barrett

Sondra Barrett, PhD, is a medical scientist and teacher who earned her degree in biochemistry from the University of Illinois Medical School followed by post-doctoral training in immunology and hematology at the University of California Medical School. Her cutting-edge research on normalizing the behavior of cancer cells led her to bridge medical science and healing strategies for children and adults with life-threatening illnesses. She delivers programs throughout the United States. A student of qigong, shamanism, and sensory education for more than 25 years, Sondra is an award-winning photographer and author of *Wine's Hidden Beauty*. For more, visit sondrabarrett.com.

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