

**Exploring Alternative  
Healing from the Comfort  
of One's Armchair —  
What it Can Do  
How it Feels**

ISBN 0-9762719-0-7

Price: \$19.00 US

Pages: 342

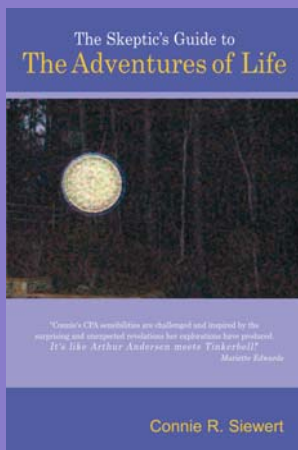
*"Connie Siewert, the 'healthy skeptic', charts a refreshing exploration into other healing modalities with honesty, wit, and charm. She inspires us to consider with openness new possibilities in our quest for wellness."*

*Stephanie Maxine Ross  
Medical Botanist and  
Holistic Practitioner to CEO's  
and Celebrities*

# The Skeptic's Guide to The Adventures of Life

by Connie R. Siewert

**An Experiential Review of Alternative Healing Modalities**



"Connie's CPA sensibilities are challenged and inspired by the surprising and unexpected revelations her explorations have produced.

"It's like Arthur Andersen meets Tinkerbell!"

Mariette Edwards  
Principal, Star Maker Enterprises

*The Skeptic's Guide to the Adventures of Life* is a lighthearted look at life's deeper lessons and mysteries.

It chronicles business strategist Connie Siewert's personal experiences and those of her healers during a three year journey to wellness through alternative sources of information and healing.

Healing modalities covered include past life regression, healing touch, trauma release, guided imagery, reiki, shamanism, naturopathy, iridology, homeopathic remedies, colon hydrotherapy, angel channeling, astrology, medical intuitive, distance healing, paintings that heal, color therapy, gem and mineral therapy, acupuncture, cupping, reflexology, sound and vibration therapy, equine assisted psychotherapy, spiritual counseling and communing with spirits from the other side.

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Throughout Connie's eclectic career, she has been immersed in innovative environments. Her work experience started as a CPA with Deloitte, followed by ten years as a telecom executive with Nortel Networks, four years managing the brand program for the 1996 Olympic Games, two years as a marketing executive with Internet companies and five years as a marketing consultant. Connie makes her home in Atlanta, Georgia.

Published by  
Expanded Thought Press

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