



## Happy Me, Happy You: The Huna Way to Healthy Relationships

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By Serge Kahili King

Quest Books. Paperback. Condition: New. 296 pages. This exuberant guide is special among the many books on relationships because of Serge Kings seasoned perspective as a master Huna shaman and alternative healer. The problem between two people is never a relationship that isnt working, he says. It is always that one or both of them dont know how to relate in a better way. The real problem is behavioral, and its easier to change behavior than to change an abstraction called a relationship. King teaches the best methods for creating healthier relationships of all kindswith family members, friends, lovers and spouses, and the rest of the world as well as with our own body, mind, and spirit. In a warm, conversational style, he shows us how to shift our behavior using holistic techniques based on his shamanistic understanding of consciousness. He also gives the antidotes for specific relationship problems caused by such feelings as fear, anger, and alienation. Many people spend their entire lives seeking to know the rules of the universe, he says, so Ive decided to save them a lot of time by giving them out now, for free. The better we understand these rules the easier it...



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