



Book Review:
COLOURS OF THE SOUL
June McLeod

This book on colour therapy explores the use of colour applied to different contexts. The author, June McLeod has been a colour therapist for over 20 years and acts as a colour therapy consultant to thousands of individuals and businesses. She also teaches colour therapy around the world.

June provides practical exercises of using colour in a variety of different areas, for example using colour for health, easing stress with colour, the energy of colour and working as a healer. The book also incorporates colour cards and applications for the use of colour with music, sound and movement, art, numbers and colour in our environment.

Having an interest in colour therapy this book provided me with lots of ideas and food for thought. A useful book for anyone interested in colour therapy.

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Available from most major book stores and from the Colours of the Soul website (www.coloursofthesoul.com).