



# The Five-Minute Miracle: Discover the Personal Healing Symbols that Will Solve Your Problems

By Tara Springett

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## **The Five-Minute Miracle: Discover the Personal Healing Symbols that Will Solve Your Problems** By Tara Springett

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## **The Five-Minute Miracle: Discover the Personal Healing Symbols that Will Solve Your Problems** By Tara Springett **Bibliography**

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### **Editorial Review**

#### **About the Author**

Tara Springett holds an MA in education and she has several post-graduate qualifications as a psychotherapist. Tara has been a deeply committed Tibetan Buddhist practitioner since 1985 and an authorized teacher since 1994. She is the author of several self-help books (published in UK and Europe) that combine psychological insight with Buddhist wisdom. She has been working with meditation students and counseling clients for more than twenty years.

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