



101 Cures for Rainy Days of the Soul: Playful Explorations for Unleashing Delight, Abundance, and Your True Self

Freya Ray

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Healing from the wounds of the past is a life-long process. Sometimes we coast along, letting our lives be “good enough for now.” Other times we want more—lots more. When it’s time to dive deeper, to clear the cobwebs from the past, there are countless ways to do it. This book offers 101 simple suggestions—launch points—for a self-guided healing journey. Open it at random, and see what suggestions strike your intuition. Would your healing journey be given a kick-start by a good temper tantrum? Taking up daily journaling? Making some different money decisions, or even taking yourself on a date? Lighthearted and loving, this guide can assist any adventure towards wholeness.

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