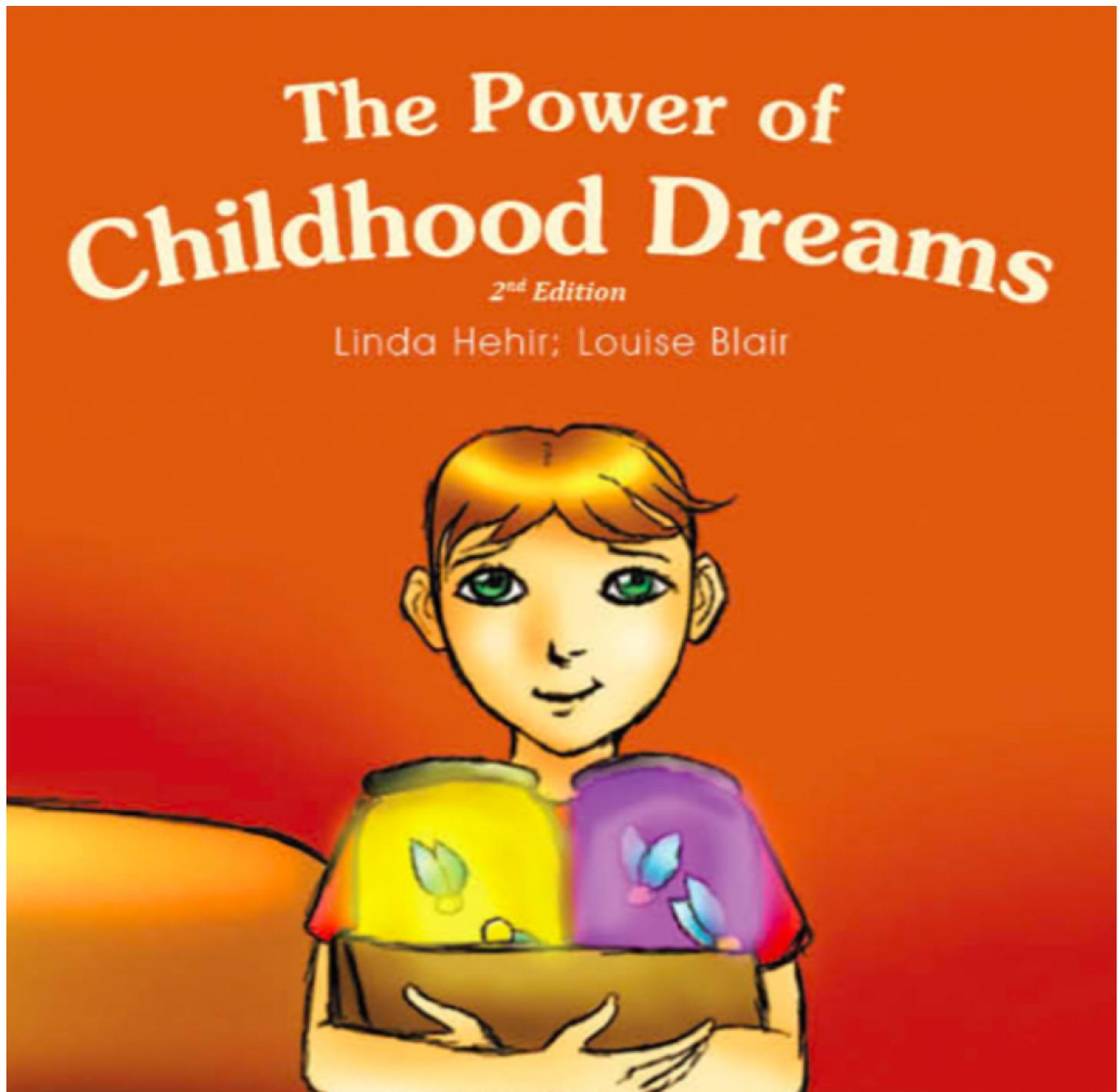


Linda Hehir's 2nd edition of 'The Power of Childhood Dreams' & 'Turn Pain Off' books now available.

Linda, a nurse & practicing Traditional Chinese Medicine Acupuncturist, designed and developed both her books, along with Louise Blair, with the intention of offering help, albeit in different ways, to both adults and children.



Glasgow, Feb 21, 2019 (IssueWire.com) - Linda has spent most of her life helping others and since retiring from the NHS, she wanted to share some of her knowledge more widely in the hope that others may benefit. It is for this reason Linda published the following books.

['The Power of Childhood Dreams'](#)

This illustrated pre-teen book co-written with Louise Blair is designed to motivate, inspire and encourage children to learn as much as they can and to follow their dreams whatever they may be. Although the story is fictional it is both inspirational and pragmatic recognizing that as children grow and develop their dreams for their future could change with the more they learn. It utilizes some aspects of the power of attraction, including believing in oneself, thankfulness and positive thought.

The story is relayed through an old man, who has achieved his dreams, tells three children of his journey through life. He explains about the dream he had as a young child to be a doctor so he could help others, and how he worked towards attaining his dream, which led to a fulfilling life.

Linda hopes the book is enjoyable and gives rise to open discussions between parents and children. Although the book is primarily for preteen children, Linda also thinks it would be suitable for reading to slightly younger children. She would love to receive comments about this book on [Amazon](#).

['Turn Pain Off'](#)

Linda Hehir, a practitioner of Traditional Chinese Medicine Acupuncture, describes when and how pain can arise in muscles in her new book 'Turn Pain Off'. It is designed to fill a gap where people may feel helpless to help themselves and frustrated at the pain. This illustrated self-help book also demonstrates and explains in easy language, how it is possible to alleviate muscle pain in the home by using a trigger point release technique. It further provides information about preventing muscle pain and lifestyle advice.

Linda advises this book primarily focuses on neck, shoulder and back pain but advises the principles are the same for muscle pain elsewhere in the body.

She hopes anyone who purchases the 'Turn Pain Off' book either for themselves or for their loved ones suffering from muscle pain from trigger points can find some relief using the technique described and would welcome comments being left on the [Amazon site](#).



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Source : Book Author

See on IssueWire : <https://www.issuewire.com/linda-hehirs-2nd-edition-of-the-power-of-childhood-dreams-turn-pain-off-books-now-available-1625909145923542>