Clarion Review

Self-Help

Soul Therapy: A Game of Intuition
Jean Quintana
Authorhouse
978-1-4772-5658-9
Three Stars (out of Five)

Rich and appealing colors and insightful questions entice readers into heightening their intuitive skills.

Soul Therapy is designed to tap into and hone one's intuition through the use of the visually aesthetic cards included in this light, simple-to-use guidebook.

Drawing on experience as a multimedia artist and poet, Jean Quintana reveals the concept of this basic game and rules for one, two, or more players, in addition to highlighting the colors of the chakras, which correspond to the different cards included within the pages of the attractive book design. The narrative consists mostly of clearly presented game instructions and the explanations of the chakras. The game requires the solo player to guess the color of a chosen card that is face down. When playing with two or more players, the chosen card is held by a "sender" who contemplates what the color means, thereby helping the "receiver" guess the color of the card.

The simplicity of the concept is highlighted by the sleek, clean layout of the book, with white text on a black background and off-black patterned headers and footers, which blend into the black pages. This combination also works well in the chapter that details the chakras and presents bright patterns of color for each card. The brief narrative that accompanies each of these cards offers a diverse list of open-ended, random questions and statements to help the sender conjure up the energy of the color for the receiver to detect: "Do you know why nurses wear white?" and "Amethyst is a deep purple semi-precious gem."

The tone of the book is uplifting and positive, though writing is kept to a minimum and explanations about honing intuition are quite spare. For example: "by practicing and working with your intuitive side you will definitely be creating a stronger connection to your Higher

Self.” In addition, the explanations are repetitive and filled with clichés such as: “follow your heart,” and “enjoy the fruits of your labor.” The language is informal and game instructions are easy to follow, but they are marred by some typos, including missing words and incorrect word usage: “no seven rules to loose weight.”

Though the concept of the book and game are not necessarily new, the art on the cards is very appealing. Their rich splashes of color and tonal textures pop against the black background. However, the pages themselves have a weight slightly lighter than heavyweight construction paper, so it is doubtful the cards, which must be cut out of the book, could survive regular play without further treatment, such as lamination, to preserve them.

Soul Therapy offers a visually enticing set of cards to hone intuitive skills through a simple game.

Maya Fleischmann