

The Natural Psychic: Ellen Dugan's Personal Guide to the Psychic Realm

Ellen Dugan

Llewellyn (Jun 8, 2015)

Softcover \$16.99 (216pp)

978-0-7387-4335-6

Psychic Ellen Dugan has street cred in abundance: evidence of psychic abilities as a small child, years of study and work to develop her natural skills, and over twenty-five years of doing highly accurate professional psychic readings. In *The Natural Psychic*, she clarifies the "Three Ps of Psychic Experiences" (premonition, precognition, and postcognition) and offers effective practices for deepening natural psychic gifts and confidently using them to help oneself and others.

Dugan assures the fearful among us that psychic abilities have absolutely nothing to do with religion. They are a natural part of being human, and we all have them to one degree or another. Moreover, she assures us that developing our psychic abilities will be a good thing, though it will take work (homework is provided). Her lively and easy-to-understand descriptions of psychic knowing, hearing, seeing, and feeling make it a cinch to recognize whether we are experiencing clairvoyance, clairaudience, clairsentience, claircognizance, clairsentience, or some combination of these. She also demystifies psychic self-defense, explaining why it's necessary and how we can protect and nurture our psychic selves.

The Natural Psychic is not a book of theory, nor is it merely a record of one woman's astounding psychic experiences; rather it's a workbook designed to help you identify and develop your own particular set of psychic skills and talents and build the confidence to use them to enjoy the fuller, richer, and more exciting life that lies just around the corner.

KRISTINE MORRIS (Fall 2015)

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