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New author's debut book shares how to reveal your essence to understand and use one's energy efficiently

Fran Bailey teaches how to further develop and expand your intuition in 'Emergence'

CINCINNATI – Understanding one's own energy helps to rediscover who one is, who one has been and which direction one might be going, according to author Fran Bailey. The author offers an opportunity to experience less resistance in manifesting what one truly desires through a practical understanding of energy in her new self-help book, "Emergence" ([published by Balboa Press](#)).

Wanting to create an entertaining, engaging and educational experience about energy, Bailey guides readers in how to navigate life through increasing awareness of their own energy. The book presents relatable stories and examples accompanied by pictures, poems and practices. Bailey explains how the tools can be a complement with other practices in all forms of healing.

"I would like the reader to have more insight about themselves as they learn to accept all aspects of self. To ultimately understand that love is at the altar of truth," Bailey says.

"Emergence"

By Fran Bailey

Softcover | 8.5 x 8.5 in | 106 pages | ISBN 9781982224028

E-Book | 106 pages | ISBN 9781982224011

Available at Amazon and Barnes & Noble

About the Author

Fran Bailey received a Bachelor of Fine Arts in dance, and for many years performed, choreographed, and taught children and adults in private and group classes. She still performs when she gets the chance. Her interest and training in energy healing started in 1999. Bailey worked as an energy healer for the Alliance Institute for Integrative Medicine. Subsequently, she began developing her meditation and psychic skills. Her additional work in the field includes eight years as an energy consultant for the staff at The Affinity Center for ADD Adult and Children. Bailey received her certification as an accredited enneagram teacher and trainer at The Conscious Living Center. She integrates and offers her experience and skills to her clients and students through a variety of consultations in energy communication. More information about consultations, classes, events, bookings and more is available at: <https://www.franbailey.net>.