

The book cover features a vibrant, abstract background in shades of teal, green, and blue. Several hands are depicted in various poses, some reaching out, others holding or gesturing, creating a sense of movement and energy. The overall aesthetic is artistic and serene.

Ioana Negrilă

G H I D U L
autovindecării

arta de a-ți armoniza gândurile, emoțiile și trupul