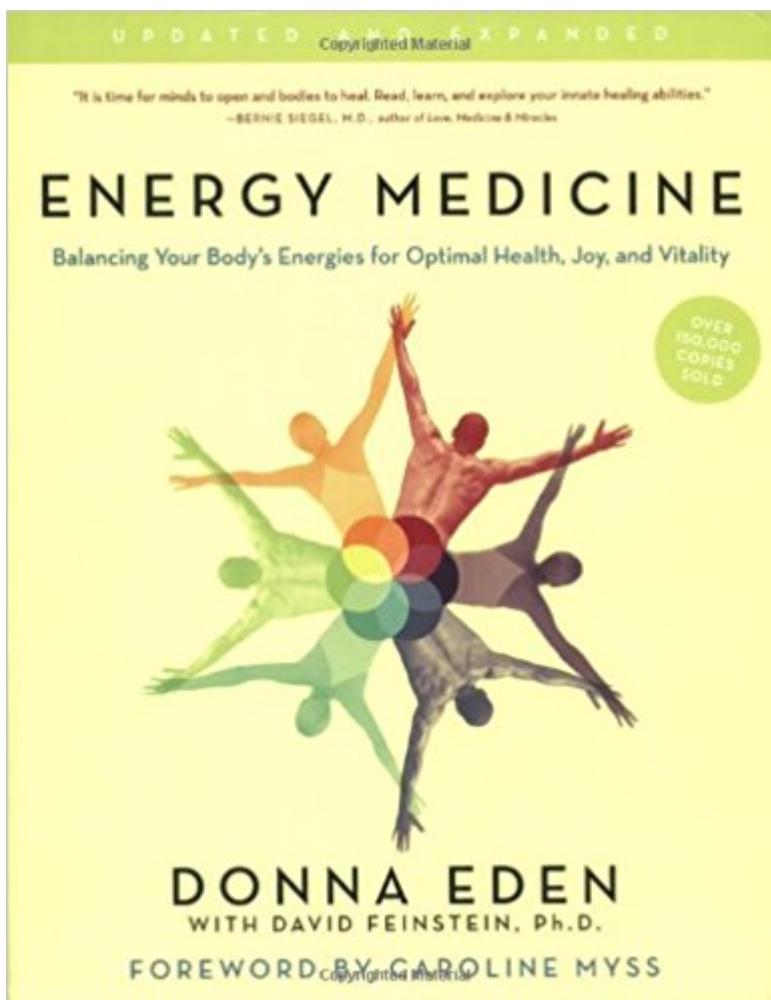


The book was found

Energy Medicine: Balancing Your Body's Energies For Optimal Health, Joy, And Vitality



Synopsis

In this updated and expanded edition of her alternative-health classic, Eden shows readers how they can understand their body's energy systems to promote healing.

Book Information

Paperback: 432 pages

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Customer Reviews

"Eden delivers an excellent, comprehensive guide to a unique combination of ancient Eastern and modern Western health-care techniques."--PUBLISHERS WEEKLY"Even the most hard-nosed doctor will admit that some people have a healing presence that makes us--and our immune systems--better than before. Donna Eden is one of those rare healers."--Gloria Steinem"It's time for minds to open and bodies to heal. Read, listen and explore your intimate ghealing abilities."--Bernie Siegel, M.D., author of Love, Medicine and Miracles"Edna Eden is one of the most joyous and effective pioneers in the rapidly expanding and vitally important frontier called energy medicine. This book, the classic in hands-on energy medicine, is an enormously practical guide that sings with compassion, integrity, and wisdom."--Christiane Northrup"Edna Eden's body-energy work is perhaps the most brilliant, comprehensive and effective system in the genre that I have ever seen."--Jean Houston, The Possible Dream

Edna Eden is among the world's most sought after, authoritative and joyous spokespersons for energy medicine. Her abilities as a healer are legendary. She has taught some 50,000 people worldwide, both laypeople and professionals, how to understand the body as an energy system. David Feinstein, Ph.D., is a clinical psychologist who serves as national director of the Energy

Medicine Institute.Â Gary Craig is the founder of Emotional Freedom Techniques (EFT), the most widely used of all the techniques within the burgeoning new field of energy psychology.

Best book I've found so far on energy healing! Great graphics, explanations, and How To tips. If you're buying the physical book, it gets a 5-star rating. Only problem is .. when they transferred it over to the Kindle version, someone decided they didn't need the listing of figures and how-to boxes. So when the book suggests you do a particular healing method and refers you to Figure 23, you have no idea where that is!!! Which means if you were planning on using this as a reference book, the Kindle version is .. well, pretty much useless!! What were you thinking?!!!

If someone who published this book had been a little considerate, the e-book readers would have enjoyed reading the book with much delight when the readers are able to go to the figures and "exercises" that are mentioned in the book by putting the page numbers instead of putting the location numbers!

A Must-Have book to prevent illness!! (& help conventional medicine work)

Until you can easily find figures and topics listed in the index, don't waste money on the Kindle version. Right now it is very user unfriendly!!!

I love this book! I have given copies to friends, my therapist, and have convinced others to buy it. No one has been disappointed. Very informative for this field.

This book has so much information in it. It is well worth the money and covers all the bases of Energy Medicine. A wonderful learning and/or teaching reference.

Great book, I had been wanting to learn more about meridians and accupressure and this is the perfect book. Love it

Donna Eden is a gifted teacher & energy healer. I enjoyed this but wish the illustrations accompanied each exercise. I found it helpful to read the exercise & then find her corresponding video on YouTube. She's truly gifted!!!

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