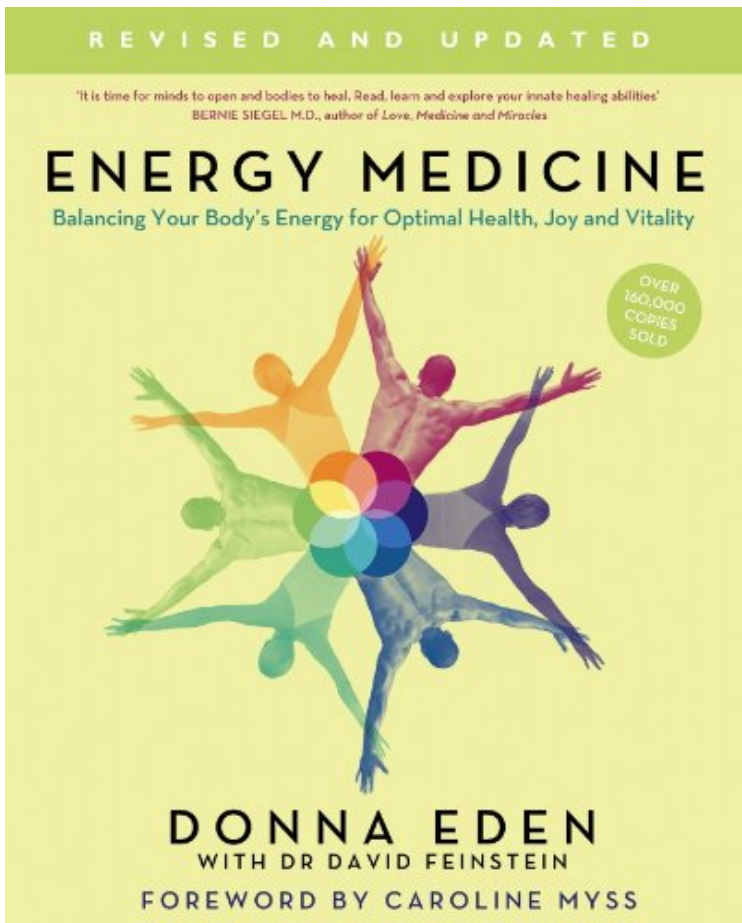


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Energy Medicine: How to use your body's energies for optimum health and vitality (English Edition)



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Description :

Prsentation de l'diteur Donna Eden is a pioneer in the field of energy medicine. In this important book she shows you how to work with you body's energy to create physical, psychological and spiritual health and wellbeing. Discover how to:

- * Bring more energy and vitality into your everyday life*
- Use simple techniques to overcome tiredness and lethargy*
- Cure common complaints and prevent disease*
- Work with the eight major energy systems of the body for health and healing*
- Heal your mind, body and soul

Energy medicine is a beautifully written, step-by-step approach for everyone who wants to achieve a healthier body, a sharper mind and a more joyful spirit.

Revue de presse "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 healing abilities."--Bernie Siegel, M.D., author of *Love, Medicine and Miracles* "Donna 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 "Donna 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 Presentation de l'auteur Donna Eden is a pioneer in the field of energy medicine. In this important book she shows you how to work with your body's energy to create physical, psychological and spiritual health and wellbeing. Discover how to: * Bring more energy and vitality into your everyday life * Use simple techniques to overcome tiredness and lethargy * Cure common complaints and prevent disease * Work with the eight major energy systems of the body for health and healing * Heal your mind, body and soul Energy medicine is a beautifully written, step-by-step approach for everyone who wants to achieve a healthier body, a sharper mind and a more joyful spirit.