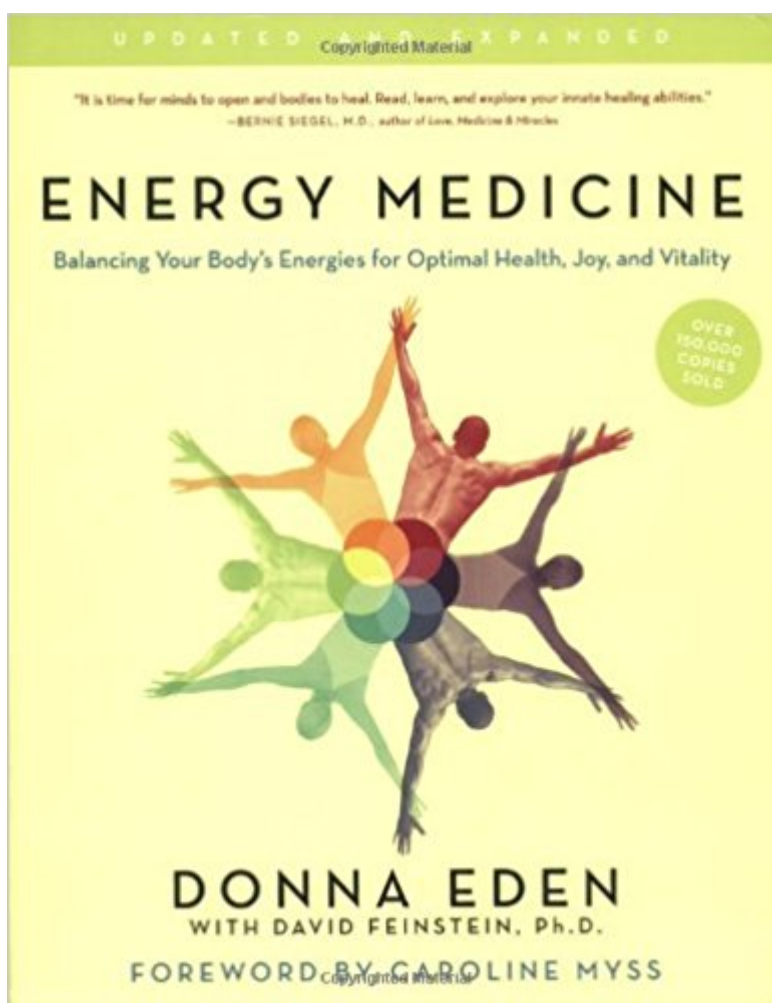


The book was found

# 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

Publisher: Jeremy P. Tarcher; Revised & enlarged edition (August 21, 2008)

Language: English

ISBN-10: 1585426504

ISBN-13: 978-1585426508

Product Dimensions: 7.5 x 1.1 x 9.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 309 customer reviews

Best Sellers Rank: #8,490 in Books (See Top 100 in Books) #37 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #41 in [Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing](#)

## 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*"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"Donan 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*

Donna 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. 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!!!

[Download to continue reading...](#)

Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality  
Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality  
Chakras for Beginners: A Guide to Balancing Your Chakra Energies (For Beginners (Llewellyn's))  
Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A  
Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3)  
The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120  
Recipes for Vitality and Optimal Health]  
Ley Lines and Earth Energies: A Groundbreaking Exploration of the Earth's Natural Energy and How It Affects Our Health  
Natural Healing: The Total Health and Nutritional Program Reprogram Your Body to Fight Disease, Combat Aging, Gain  
Renewed Health and Vitality  
Ayurveda Lifestyle Wisdom: A Complete Prescription to Optimize Your Health, Prevent Disease, and Live with Vitality and Joy  
Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy  
Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief,  
Longevity, Virility, Energy, and Endurance  
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter  
Recipes, natural remedies)  
Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility,  
Energy & Endurance  
Splashes Of Joy In The Cesspools Of Life [1992 PAPERBACK] Barbara Johnson (Author)  
Splashes Of Joy In The Cesspools Of Life [1992 Paperback] Barbara Johnson (Author)  
Splashes Of Joy In The Cesspools Of Life  
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy  
Healing Techniques Using the ... Energy Healing for Beginners Book 1)  
Radio-Frequency and ELF Electromagnetic Energies: A Handbook for Health Professionals (Industrial Health & Safety)  
Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems  
Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness  
Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science  
Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2)  
Hormones in Harmony: Heal Your Hypothalamus for Optimal Health, Graceful Aging, and Joyous Energy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)