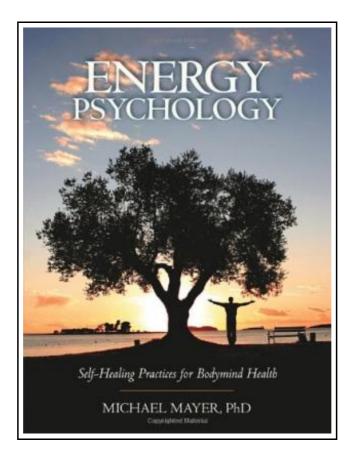
# Energy Psychology: Self-Healing Practices for Bodymind Health



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### **Reviews**

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

## ENERGY PSYCHOLOGY: SELF-HEALING PRACTICES FOR BODYMIND HEALTH



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North Atlantic Books, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Michael Mayer gives us the breadth and depth of energy psychology and helps us see how it can be part of all of our healing. -James S. Gordon, MD, founder and director of The Center for Mind-Body Medicine, former chairman of the White House Commission on Complementary and Alternative Medicine Policy, and author of Unstuck: Your Guide to the Seven Stage Journey Out of Depression Energy Psychology is a thrilling blueprint for the integration of body, mind, and spirit. This book rewrites the origin myth of psychology and transforms the very ground of psychology by adding Eastern energy practices, storytelling, kabbalistic techniques, and imaginal processes to psychologys roots. It takes the radical perspective that all psychology is energy psychology; and when we expand our scope of vision this way we discover a fertile field for revitalizing our primordial Selves and reclaiming our self-healing abilities. -Larry Dossey, MD, author of Reinventing Medicine: Beyond Mind-Body to a New Era of Healing Drawing upon over thirty years of his psychotherapy practice and personal training, Dr. Mayer has provided a seminal contribution to the field of mind-body interventions for a wide range of common disorders, as he offers us a treasure house of energy-based practices to cultivate our self-healing powers. His book is profound in its scope, evidence based, bridges Eastern and Western traditions, and provides practical insights and skills that can be of enormous value to both individuals and organizations seeking to attain optimal health. -Dr. Kenneth R. Pelletier, clinical professor of medicine, University of California, San Francisco and University of Arizona School of Medicine, and author of The Best Alternative Medicine: What Works? What Does Not? This scholarly and eminently readable book integrates Eastern...



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