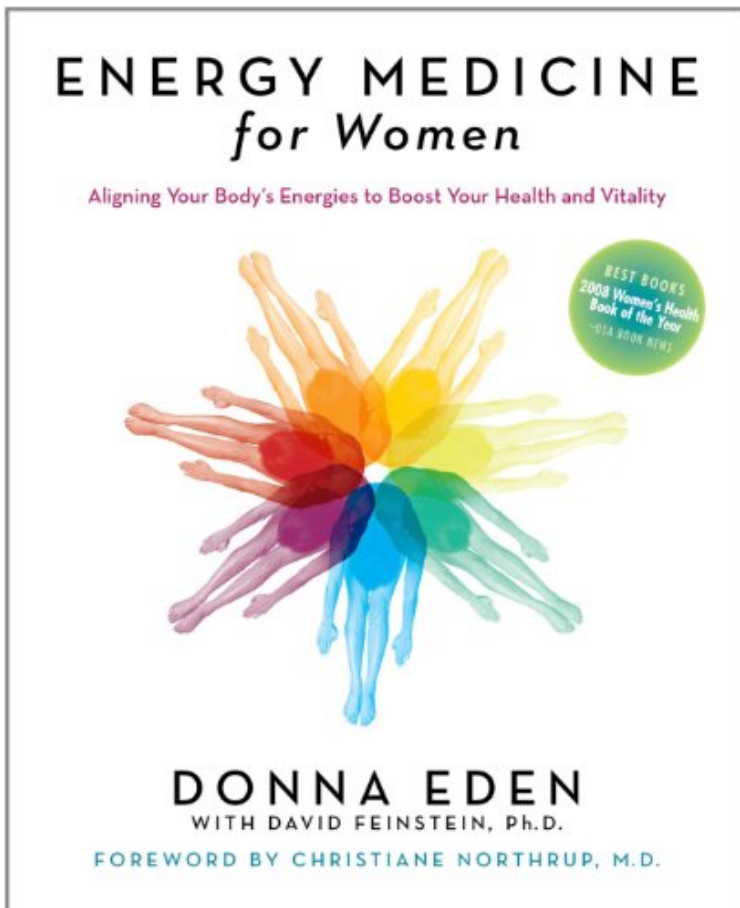


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Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality



Par Donna Eden, David Feinstein
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Description :

Prsentation de l'diteur"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 SteinemEnergy Medicine for Women was awarded the prestigious 2009 Nautilus Gold Award in the Health, Healing Energy Medicine category.A womens guide to using energy medicine to promote and maintain optimal physical and mental well-being.For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In this long-awaited new book, Eden speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face.Hormonal health is essential to a womans well-being, and in this groundbreaking book Eden reveals that a woman can manage her hormones by managing her energies. In fact, energy medicine is

effective in treating a host of health issues. From PMS to menopause, from high blood pressure to depression, it offers solutions to women's health issues that traditional medicine often fails to provide. In *Energy Medicine for Women*, Eden shows women how they can work with energy to strengthen their immune, circulatory, lymphatic, and respiratory systems to promote health, vitality, and inner peace. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

From Publishers Weekly: Eden (*Energy Medicine*) conducts workshops and lectures on the ancient practice of healing the body via its own energy systems. The first two chapters of her latest book serve as a primer, introducing nine basic energy systems, including the chakras, the meridians and the aura. Eden explains how keeping these energy systems balanced and flowing can help prevent illness, promote well-being and aid the body in self-healing. She also notes that while energy healing has been labeled an alternative method, its influence and importance has been increasingly recognized by research scientists and mainstream physicians. Eden then delves into a fascinating chapter-by-chapter discussion of health issues of interest to women, ranging from hormones, menstruation, sexuality, pregnancy and fertility to menopause and weight management, with accompanying energy exercises related to each topic. Included are tips to relieve PMS symptoms and hot flashes, techniques that get sexual energy flowing and a variety of movements designed to maintain overall energy balance. Proponents of energy work will no doubt welcome Eden's new book, and open-minded readers unfamiliar with the concept of energy medicine may be lured by methods that are noninvasive, free of charge and freely available at one's own fingertips. (Aug.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Revue de presse: "Eden delivers an excellent, comprehensive guide to a unique combination of ancient Eastern and modern Western health-care techniques."--PUBLISHERS WEEKLY "This book is a gold mine of information for people practicing or teaching energy-based body work. After more than three decades of practicing and teaching energy healing, the author has plenty of tools to pass along. She does so very clearly, elaborating with personal stories and scientific research." Anna Jedrzejewski, *New Age Retailing* "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* "Donna Eden's wonderful book gives women a heartfelt and very useful guide to restoring their female health and balance through effective, energy-based therapies."--Susan Lark, M.D.