



Energy Medicine: How to Use Your Body's Energies for Optimum Health and Vitality

Donna Eden, David Feinstein

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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.

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