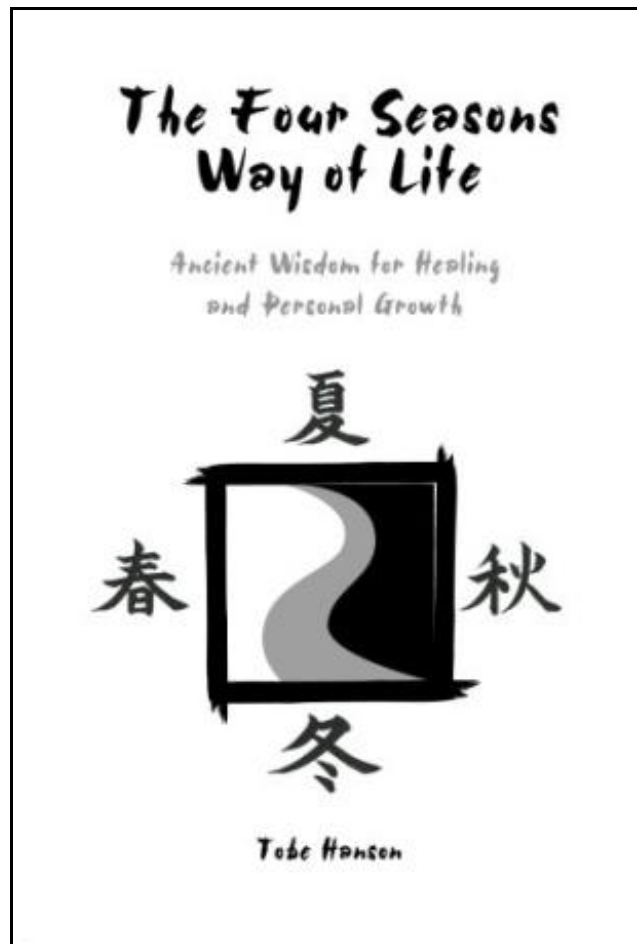


The Four Seasons Way of Life: Ancient Wisdom for Healing and Personal Growth



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(Dr. Kayden Gerlach)

THE FOUR SEASONS WAY OF LIFE: ANCIENT WISDOM FOR HEALING AND PERSONAL GROWTH



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Balboa Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It took Tobe Hanson 30 years of research, over 100,000 patient visits, and 6 years of writing, to clarify 5,000 -year-old Eastern wisdom in modern Western terms. Approximately 100 million Americans suffer from chronic pain. Many more are suffering from acute, intermittent or recurring pain. Most people suffer at some time from some degree of mental emotional dis-ease; anxiety or depression. Few experience peace of mind and fulfillment in life. We have all been conditioned to treat the symptoms; pain, dis-ease, anxiety, depression and unhappiness with medications or drugs. No one stops to question the cause of their condition or what they could do to change their way of living. No one has pain, anxiety or depression for no reason; in the same way no one experiences failure and unhappiness for no reason. There is cause and effect, action and re-action, meaning and purpose with everything that happens in life. Discover forgotten secrets passed down from ancient Chinese Acupuncture masters circa 2,500 years B.C. In the Four Seasons System those forgotten secrets are explained in an easy to understand metaphor. It is about timing and doing the right thing, at the right time, in harmony with our surroundings and circumstances. Our patterns of behavior explain the outcome of our life. This wisdom will help you understand the causes of pain and suffering in present-day life, and take those philosophies one step further with practical applications for making positive life changes. Understanding and applying this ancient wisdom can help you to live with peace of mind (being) while performing with ease (doing). This book is aimed at the real issues and problems we face today; it is a...



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