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Energy Psychology: Self-Healing Practices for Bodymind Health

By Mayer Ph.D., Michael

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 psychology's 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...



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