



The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change

By David Feinstein, Donna Eden, Gary Craig

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This groundbreaking book explains how to tap into your body's energy not only to change your health, but to change your behaviors and thought patterns as well.

Your body is comprised of energy pathways and energy centers that are in constant motion, a dynamic interplay with other energies and with your cells, organs, immune system, mood, and thoughts. If you can shift these energies, you can influence your physical health, your emotional patterns, and your state of mind.

The Promise of Energy Psychology gives simple step-by-step instructions that will help you to:

- overcome fear, guilt, shame, jealousy, or anger
- change unwanted habits and behaviors
- enhance your ability to love, succeed, and enjoy life

The energy approach presented in this book can help bring about significant change in your life. With this strategy, stubborn phobias often fade in minutes; the lifelong effects of an early trauma can frequently be reduced or completely eliminated; uncontrollable anger can rapidly become manageable; even elusive physical problems may respond where other treatments have failed. **The Promise of Energy Psychology** is an amazing tool that puts the ability to effect change directly into your hands, and finally gives you control over your fears, pain, and destructive behaviors.

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Editorial Review

From Publishers Weekly

The authors readily admit their bold claims—"Your emotional health, your success in the world, and your level of joy can all be dramatically enhanced by shifting the energies that regulate them"—are not backed by empirical research. Nonetheless, Feinstein, a clinical psychologist and national director of the Energy Medicine Institute; his wife, Eden, a renowned energy healer (and Feinstein's coauthor on *Energy Medicine*); along with Craig, founder of Emotional Freedom Techniques (EFT), assert that phobias and anxieties often fade in minutes, trauma might be alleviated in a few sessions, anger can be decreased, depression may be managed without medication, and young children can be given an achievement boost by following their techniques. The theory is that "stimulating energy points on the skin, paired with specified mental activities, can instantly shift your brain's electrochemistry." Despite the wide use of acupuncture in alternative Western medicine, not much is known about the body's energies and how that energy can be used in healing. The authors say this book can be approached with a "show-me" attitude. Indeed, Feinstein, Eden and Craig will have to "show" empirical evidence before their method can be supported by the mental health field. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Authoritative, engaging, and refreshingly friendly. You will find it an illuminating companion as you incorporate these wonderfully empowering methods into your life."

--Candance Pert, Ph.D., author of "Molecules of Emotion"

"Energy psychology is a new discipline that has been receiving attention due to its effectiveness with difficult cases."

--PsychoCritiques

"An intelligent, balanced, scientific, and responsible approach to an exciting and rapidly developing realm."

--Clinical Psychology

"Takes the field to a new level."

--Institute of Noetic Science

"A paradigm-stretching blend of Western and Eastern healing systems."

--Journal of the Association for Professional Hypnosis & Psychotherapy

"A Fantastic resource and training tool for newcomers to the field of energy psychology and for experienced practitioners of these methods."

--The International Journal of Healing and Caring

About the Author

David Feinstein, Ph.D., is a clinical psychologist who serves as national director of the Energy Medicine Institute.

Donna Eden has been teaching people how to understand their body's energies for more than twenty-five years. She has treated more than ten thousand clients individually and has taught hundreds of classes throughout the world. She and her husband David are also the authors of **Energy Medicine**, **Energy Medicine for Women**, and **The Energies of Love**.

Gary Craig is the founder of Emotional Freedom Techniques (EFT), the most widely used of all the techniques within the burgeoning new field of energy psychology.

Users Review

From reader reviews:

Margert Lewis:

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