



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

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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