

Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality // 9781585426508 // Donna Eden, David Feinstein // Penguin, 2008 // 2008 // 404 pages

Energy Medicine book. Read 105 reviews from the world's largest community for readers. In this updated and expanded edition of her alternative-health cla... Start by marking "Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality" as Want to Read: Want to Read savingâ€¦ Want to Read. Currently Reading. Read. Other editions. Enlarge cover. Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality. 2018. 21 Bytes. 5,650 Downloads. English. by Donna Eden & David Feinstein & Caroline Myss. The Little Book of Energy Medicine: The Essential Guide to Balancing Your Body's Energies. 123 Pages. 2012. 4.89 MB. 7,259 Downloads. New! The Little Book of Energy Medicine is a simple, easy-to-use "pocket guide" to one of the most powerful alternative health Energy Medicine. This groundbreaking book explains how to tap into your body's energy not only to change your health, but to change your Energy Psychology / Energy Medicine: Exploring the Mind/Body Connection. 218 Pages. 2005. 701 KB. 13,965 Downloads. Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality by Donna Eden has become a classic book for those wanting to use energy healing techniques and exercises for themselves and their loved ones. This book contains a variety of energy exercises for everyday well-being and specific concerns. There are plenty of illustrations to demonstrate the techniques, although some are more complicated. For these, you may benefit from watching a video or Donna's DVD. The book starts by explaining how to talk to your energy body. There is a simple five-minute daily routine you Energy Medicine for Women: Aligning Your Body's Energies to Boost Your Health and Vitality. Donna Eden. 210. I bought the original version of this book some years ago and recently bought this updated edition for my 80+ year old mum - who is an avid energy medicine enthusiast. I then went on to buy the accompanying energy kit (http://www.amazon.co.uk/The-Energy-Medicine-Donna-Eden/dp/1591792088/ref=pd_bxgy_b_img_y). My Mum is really enjoying the book and finds the DVD and cards from the kit a very useful addition. She does some of the suggested exercises everyday.