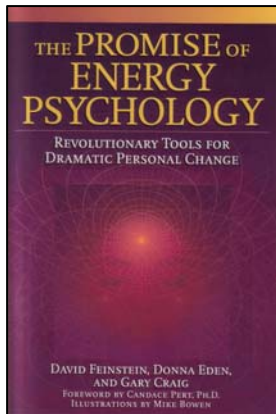


The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change

David Feinstein, PhD, Donna Eden & Gary Craig

David Feinstein, PhD, is a clinical psychologist who serves as national director of the Energy Medicine Institute. **Donna Eden**, one of the eminent energy healers of our times, has been teaching people how to understand their body's energies for more than a quarter century. **Gary Craig**, author and presenter, holds a degree in engineering from Stanford University and is the founder of Emotional Freedom Techniques (EFT), one of the most widely used energy psychology techniques today.



What if there were a tool you could use to successfully erase long-standing emotional trauma, crippling phobias, and even physical aches and pains within minutes... *without* talk therapy and *without* medication? What if this same tool would help you finally drop deeply inbedded bad habits, and simultaneously enhance your ability to love, succeed and enjoy life? Would that tool interest you? If so, then you need to get your hands on a copy of Feinstein, Eden and Craig's book, *The Promise of Energy Psychology*, which explores the new and burgeoning field of energy psychology in a very accessible, down-to-earth and immediately functional manner.

Energy psychology centers around the stimulation and manipulation of the body's energies to shift your neurology and actually alter the patterns in your brain that maintain unwanted habits, emotional responses, and self-limiting thinking. At the center of *The Promise of Energy Psychology* is the instructional use of Emotional Freedom Techniques (EFT), a relative of acupuncture and acupressure. Indeed, some call EFT "acutapping," because rather than piercing the skin with needles or massaging certain points on the body, the client "taps" on these points with his or her fingers. When combined with focused intent, such tapping can facilitate extraordinarily rapid healing on many levels.

"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. That is the promise of the fascinating new field of energy psychology." (Page 1)

Readers are introduced to the fundamentals of energy psychology and shown through the use of illustrations where to tap on the body to affect desired changes. These instructions are supplemented with case studies, which demonstrate how individuals have used energy psychology to shift from some form of ill health or blocked state to one of increased calm, physical and mental wellness and joy. While readers are encouraged to find a qualified practitioner to aid in their healing process, *The Promise of Energy Psychology* offers everyone a "basic recipe" for success, as well as tips on how to focus in on problems, empower potentials, and cultivate emotional intelligence.

"Just as emotional intelligence is vital to a child's ability to thrive personally and socially, skills in understanding and working with your body's overall energies can be vital to your psychological and physical health." (Page 196)

The last third of the book introduces and explores the topic of the body's subtle energy systems. As with the systems of the physical body, what's known as the "energetic body" or "human energy field" also has its varying systems, each with its own purpose and function. Based on Eden's extensive experience and skill with viewing and working with these subtle energies, *The Promise of Energy Psychology* presents an easy-to-follow, illustrated guide to strengthening, tonifying and otherwise working with the body's energies. An assortment of energy-enhancing and –balancing exercises is provided from which readers can select and personalize a daily routine that will encourage wellness of both the body and mind.

Energy psychology is a rapidly expanding field with incredible potential for health professionals and laypeople, alike. Having a tool of transformation like EFT literally at your fingertips is one of the best ways to experience the healing potential of the mind and body. As an EFT practitioner myself, I highly recommend this book to you.

Ryan N. Harrison, MA is a Holistic Health Educator/Consultant in private practice (<http://www.BeWholeBeWell.com>). He has taught holistic nutrition, therapeutic herbalism and natural health for many years in both online and traditional settings.