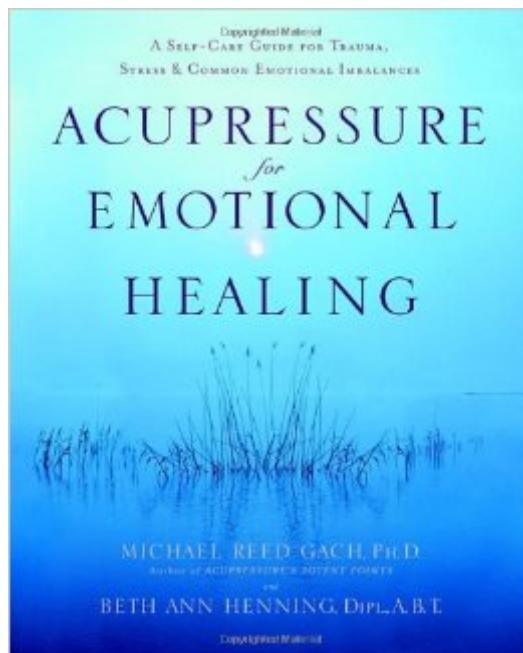


The book was found

Acupressure For Emotional Healing: A Self-Care Guide For Trauma, Stress, & Common Emotional Imbalances



Synopsis

Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches.

ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

Book Information

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Customer Reviews

I was all set to go to Cognitive Therapy sessions, through my basic insurance plan. While surfing the net, I happened to stumble upon an article about massage and acupressure - specifically, its effectiveness with clients who have PTSD (Post Traumatic Stress Disorder), anxiety and other imbalances. There was a link to ACUPRESSURE FOR EMOTIONAL HEALING: A SELF-CARE GUIDE FOR TRAUMA, STRESS & COMMON EMOTIONAL IMBALANCES. I was intrigued. This led me to read some reviews of the book online (specifically, on). Every reader who had purchased the book, and took the time to review it gave it great ratings. I was convinced and felt moved to purchase it, in order to have my own experience. For starters, this book has numerous detailed photos, illustrating which pressure points are most effective, as far as alleviating feelings of sustained trauma, stress, depression and mood disorder. I will be candid in saying that I struggle with PTSD (Post Traumatic Stress Disorder) from years of exposure to imbalanced behavior and abuse, as a youth. I also deal with depression, that is, at times, debilitating. What's more, I have had to work through panic attacks, since I was six years old. The articles about the points were amazing and eye opening. The authors give examples of clients who reaped the benefits of acupressure, in addition to modifying diet, and seeking out massage/counseling. Immediately, I began to feel less alone in my situation. The acupressure points really do work in lifting out residual emotional anguish. What's more, they ask that you hold the points for up to two minutes, as well as breathing in and out, really focusing on the pain (emotional/physical) that hurts you the most. I cannot recommend this enough. Truly. I have combined the acupressure regime with daily exercise, meditation, intentional thought and art. Therapeutic and awakening.

This book contains very good descriptive pictures to show you how to do the exercises of acupressure. It is a very useful self-help book to release negative blocked patterns and emotional traumas.

Our memories exist throughout us ... mind, body, soul, and emotions. Healing is a journey of self-care and proper balancing of our needs. Wounds and negative patterns can easily hijack our best selves. The techniques and affirmations contained in this book are simple and divided by emotional concerns that plague everyone from time to time. For people who seek to honor their feelings both intellectually and in the heart ... this book is a wonderful and gentle addition to a growth/healing program.

This book is the easiest, fastest way I have found to get rid of emotional baggage. All you do is press areas of your body with your finger(s) and the negative energy begins to lessen. The more you do, the better life becomes.

The great thing about this book is that you can use it by yourself. It is designed to be used for self-help. However, it is also a must for a healer's library. The sections are divided by the type of emotional problem, then all the pressure points on the body are shown, and detailed instructions are provided to help the individual or healer work on that emotional problem.

If I had the money, I would buy this book for every man, woman and child in the world....and it would be worth every penny. As someone who has tried many things to alleviate emotional and physical suffering, I found so many answers when I started to use this book. Another reviewer said that life just got better and better...and I agree. We all have complex things that happen to us in the course of a lifetime; here is a way to finally let go and move forward. Bravo to the authors.

This book is well thought-out and easy to use. It describes the points very well in the text and has excellent visuals; for each point or set of points, there is a line drawing that shows the point in relation to both bone and muscle, and a photograph with a dot over the point on a person's clothing. A book like this is only useful if you can find the acupressure points, and this is the best system I've seen. When the same points are recommended for different conditions, the descriptions and illustrations are also repeated. There's no flipping back and forth in the book to find the points you need, as each routine stands alone.

This book has many pictures and it is easy to follow. If you are looking to heal your body and emotions this is the book. Each chapter is nice and organized and explains why your body is feeling that way and how to heal it.

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