



The Little Book of Energy Medicine

By Donna Eden

Tarcher. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 7.0in. x 7.0in. x 0.3in. The Little Book of Energy Medicine is a simple, easy-to-use pocket guide to one of the most powerful alternative health practices in existence today, from world-renowned healer Donna Eden. In this book, Eden draws on more than three decades of experience to offer readers a simple introduction to the core energy medicine exercises she recommends for feeling rejuvenated, happier, more alert, and less anxious. Featuring a Five-Minute Daily Energy Routine for restoring the body's natural energy flow, in addition to information on specific energy medicine exercises that can help combat a host of health conditions from headaches and nausea to insomnia and the common cold, The Little Book of Energy Medicine is essential reading for anyone looking to improve general health and well-being. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE
[4.74 MB]

Reviews

Comprehensive guide for ebook fanatics. It really is rally fascinating throug reading time. Its been designed in an exceptionally simple way and is particularly only following i finished reading this ebook through which really changed me, modify the way in my opinion.

-- **Frederique McClure**

It is great and fantastic. I have go through and i am sure that i will likely to study again once again later on. I am just easily could possibly get a enjoyment of looking at a published book.

-- **Tad Stanton Sr.**