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Manuals; Audiotapes and CDs; Information, Continuing Education,
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Sommario/riassunto

Energy Psychology: Explorations at the Interface of Energy, Cognition, Behavior, and Health, Second Edition introduces the exciting new paradigm of energy psychology and presents the latest research on the subject. This second edition begins by tracing the roots of energy psychology and contrasting them with contemporary approaches, and then explores the interface with cognition and behavior, and provides instruction in treatment applications. Drawing on more than 35 years of clinical experience, the author investigates the body's energy patterns, focusing on the relevance of acupuncture, homeopathy, prayer, and applied kinesiology to energy therapy. This new edition features expanded sections on scientific underpinnings, clinical research, manual muscle testing, and related energy psychology approaches.
