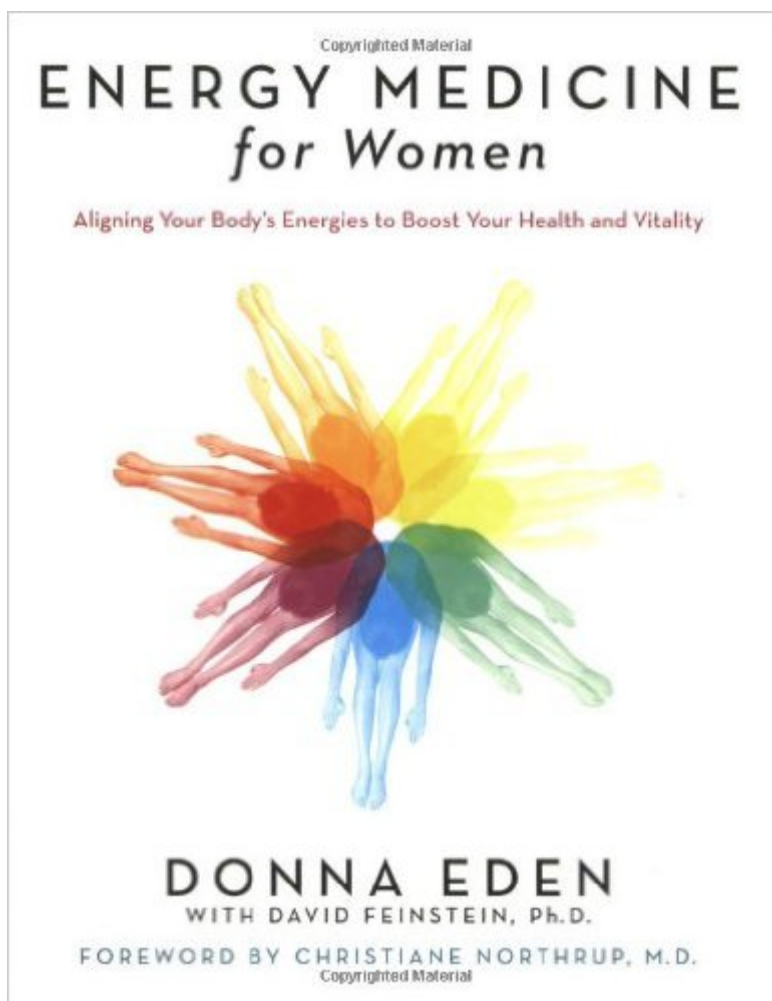


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# Energy Medicine For Women: Aligning Your Body's Energies To Boost Your Health And Vitality



## Synopsis

"Even the most hard-nosed doctor will admit that some people have a healing presence that makes us--and our immune systems--better than before. Donna Eden is one of those rare healers."--Gloria Steinem

*Energy Medicine for Women* was awarded the prestigious 2009 Nautilus Gold Award in the Health, Healing & Energy Medicine category. A woman's guide to using energy medicine to promote and maintain optimal physical and mental well-being. For more than three decades, Donna Eden has been teaching people to understand the body as an energy system, to recognize their aches and pains as signals of energy imbalance, and to reclaim their natural healing capabilities. In this long-awaited new book, Eden speaks directly to women, showing them how they can work with energy to tackle the specific health challenges they face. Hormonal health is essential to a woman's well-being, and in this groundbreaking book Eden reveals that a woman can manage her hormones by managing her energies. In fact, energy medicine is effective in treating a host of health issues. From PMS to menopause, from high blood pressure to depression, it offers solutions to women's health issues that traditional medicine often fails to provide. In *Energy Medicine for Women*, Eden shows women how they can work with energy to strengthen their immune, circulatory, lymphatic, and respiratory systems to promote health, vitality, and inner peace. Blending a compassionate voice with a profound grasp of how the female body functions as an energy system, Eden presents what is sure to become a classic book on the subject of women's health.

## Book Information

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## Customer Reviews

I can only echo the other reviewers - this book is a gem. I even like it a little better than her earlier work, *Energy Medicine*, because it is more concise. Eden also cites books written recently with scientific backup for what subtle energies are and how they function. That helps me because although I know this stuff works, I also have the heart of a skeptic. As someone who is very dissatisfied with the way medicine is practiced here in the U.S. and who has come away from doctor's appointments feeling like something is missing, I believe this type of energy medicine is the wave of the future and is an extremely useful addition to, but not a substitute for, conventional medicine. It's too bad that so few conventionally trained doctors have jumped on the bandwagon.

Donna Eden is one of the foremost experts in Energy Medicine. Now she and her partner David Feinstein have collaborated on a fantastic new book: *ENERGY MEDICINE FOR WOMEN*. This book is an encyclopedia of simple energy exercises you can easily learn, and use in only a few minutes a day. You can learn how to be a vibrant, capable woman who knows how to work skillfully with the rhythms of your very own body. AND THE TRUTH SHALL SET YOU FREE!!! Unfortunately, Traditional Western Medicine has tended to ignore how much our hormones influence our Body, Mind & Spirit. I think the researchers decided that hormones were somehow just "too complicated." As a Psychologist, I work with a lot of clients who would prefer to find natural ways to support their mental and physical health, without taking drugs. Many of my clients would prefer NOT to go on antidepressants all month long, with their many side effects, just because they sometimes get depressed with PMS or Menopausal symptoms. Now Donna offers skillful ways to keep our bodies in balance, naturally. HOORAY! This is a book you won't want to be without, whether you are wanting help with PMS, Pregnancy, Menopause, or just general health & vitality. This book is truly a treasure map, helping us to once again appreciate our amazing, miraculous women's bodies. Thank-you Donna & David! -Dr. Suzanne ib Lerner[...]

If someone had asked me if it were possible for Donna Eden to top "*Energy Medicine*," I would have said "No way." And would I ever have been wrong. My favorite aspect of her new book is something technical... with huge implications that go beyond what is simply technical. When Donna describes her experience reading auras, she writes about going all the way to the level of that person's soul. This is exactly the direction where my work has been developing over the past decade, which has caused me to feel counter-culture as an aura reader and writer. Well, counter-culture I may remain for a while but, now, not alone! Donna's new book, written with the collaboration of the great Dr. David Feinstein, had me hooked as soon as I saw her extraordinary

photo on the back cover. The photos throughout, the cover, and interior design of this book are the most appealing I've seen in any book, improvements even over "Energy Medicine," which was "merely" a standout among illustrated self-help books. You won't find this book's brilliant new techniques elsewhere, and it's an understatement to say they have been tested. It's great that Donna Eden has personally taught these techniques to 8,000 women and thousands of (exceptionally smart) men, but what's really great is that I can learn them! Right from this book! And even know in advance the tiny investment of time that I will be making! (That's because the exercises outlined here considerately list time as part of the recipe.) The organization and contents of the book couldn't be more helpful, and I adore the stories. For years, I've been "Doing Donna" daily. Clearly, now I'll be adding to my routine -- and my quality of life -- thanks to "Energy Medicine for Women." Rose Rosetree Author of "Aura Reading Through All Your Senses"

Let me start off by saying that I'm a huge Donna Eden fan. But this book was not at all what I was hoping for or expecting. If you have minimal hormone issues, no longer menstruate, are not concerned with fertility, pregnancy or birth, are past menopause, and don't have a weight problem, there are only two out of seven chapters that are of any interest. I was expecting the majority of what was in the original "Energy Medicine" with information on the aforementioned thrown in, and that's not what this is. This is not to say that the reader can't glean some useful information, particularly the exercises, from it, but you really need both books if you want to get the full scoop on energy medicine. Does it accept returns?

I am only about half way through this book but the techniques have already done wonders for me! My energy is flowing and I have lost over 2lb in 7 days without doing anything different. (and it is not just water because my body fat measurements have decreased as well and I am hungry!!) I had been feeling stuck but I am definitely not now. My metabolism is revved up and I feel great! I would recommend this to every woman! These are techniques everyone should know, not just for weight loss but for balancing your energy and hormones to just generally feel better.

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