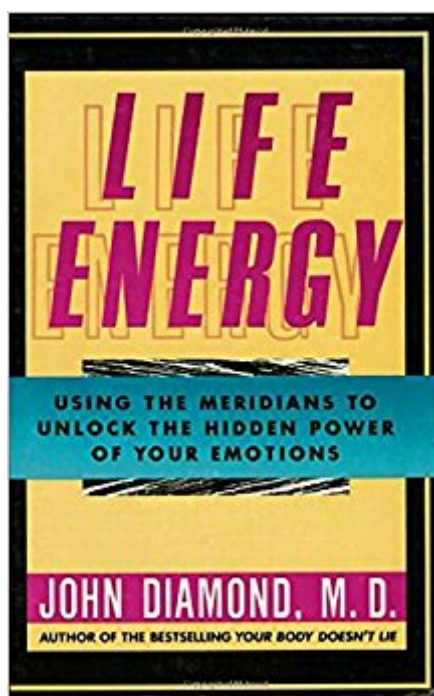


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# Life Energy: Using The Meridians To Unlock The Hidden Power Of Your Emotions



## Synopsis

One of the most important medical books of the twentieth century, a ground-breaking classic that has never been out of print since it first appeared in 1983, and which remains as relevant today as ever. Essential reading for anyone interested in holistic health, psychology and the relation between the two.

## Book Information

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## Customer Reviews

"Life Energy should appeal to anyone who wishes to enjoy life more and to gain greater control over their emotions so that they can maximize not only their own sense of well-being, but also their relations with those around them." -- Lois Henderson, BookPleasures.com "I highly recommend this book to my seminar participants to assist them in helping others as well as themselves ... [it] has surely helped many people resolve psychological issues. Diamond's work has also inspired a radical shift in the way we understand psychological health and treatment." -- Fred P. Gallo Ph.D., author of Energy Tapping "A rare blend of psychiatrist, traditional healer, and spiritual guide. He has combined an eclectic array of cultural and healing arts to address the intractable issues of the human soul... This is a man who speaks plainly and clearly about serious matters." -- Tom Monte, EastWest Journal

Here, for the first time, is a comprehensive explanation of how to unlock the hidden power within every one of us. This power, our LIFE ENERGY, determines our mental and physical states -- and

Dr. John Diamond shows how to unleash this energy. You can use LIFE ENERGY to: Lead a more productive, creative, and happy life  
Achieve your full potential  
Deal positively with mental and physical stress  
Reduce negative emotional states (hatred, anger, jealousy etc.) and increase positive emotions (love, faith, courage etc.)  
Prevent and overcome illness and maintain good health  
Look younger as you learn to erase the lines of self-doubt and unhappiness from your face

Dr. Diamond's discovery of how to release LIFE ENERGY is based on the twelve acupuncture meridians, each of which relates to a specific emotional state. Using the simple muscle test described in this book, you can assess these emotional states in yourself or anyone else. Then, by practising a short daily meditational program, you will keep your emotions and meridians balanced so that you achieve maximum LIFE ENERGY and enjoy mental and physical well-being and harmony every day of your life.

This book explains several things I've been trying to understand for years: human nature, the advantages of being positive, and the mind's connection to bodily organs and physical health. And I've been practicing the book's simple, easy solutions, and I feel a whole lot better as I do. There are solutions to baffling physical problems!

This is a book that everybody should own and know. Diamond gets into detailed explanation and exploration of what are the connections between our feelings, our organs and the related meridians. Through a systematic approach, we can detect our imbalances and bring back life and happiness and transform negativity into a positive flow. This is a precious book, that empowers us, explaining the importance of our psychology, our will to be healthy and the connection to our thymus gland.

Diamond gives a good explanation of the acupuncture meridians and how the organs relate to each other. I recommend this book.

If you can't do the test "properly," then you won't know whether it's working. How do you know if you are skewing the results? You don't. If you were to get the chance to "test your thymus" with the author, then maybe you could find out. I'm left wondering if his idea is bogus or whether my test subject and I were just doing it wrong. The author tells way too many stories. There is less substance and more "Look, I'm telling you it worked for these people. Just listen to these stories, and you'll see." Only, I don't take testimonials as anything more than hearsay. I'll believe it if it works for me. If you're not a bible lover, then you might be offended by this book. The author quotes

scriptures throughout the book. (See page 34 for an example.) Cherry picking at its finest. He seems to insult the Egyptians also, despite that the Christians borrowed from the Egyptians who borrowed from the Pagans. I read the first 3 chapters then gave up on the book, as it seemed to require my 'faith' in his procedures since I couldn't tell if I was doing it right or wrong. The one thing I did take away from the book is that emotions affect health. I didn't really need a book to tell me that, but it helped to hear it from someone else. He relates heart diseases with anger. Lots of anger translates to heart attacks. That seems to make sense. If anyone knows someone with heart trouble who doesn't have anger problems, that would be interesting to hear.

This book I read, but am now just in the process of using the techniques. It seems to be clear cut that anyone can use the methods discussed. Behind every issue and or condition is blocked emotions and this is a way to unblock them!! A hidden gem!

This book is great for anyone wanting deeper insights into the self. It provides clearly defined directions to obtain these insights...and even more, suggest how we can amend our thoughts/feelings to a more positive self expression....leading to a more fulfilling and healthy life..

Lots of very practical knowledge found in this book. This is an early glimpse of how everyone will be taking care of themselves and healing their own bodies in the future. Amazing.

Of course a must, many things went on and on but this is still a book to read because of the intuition at the basis of holistic methods working via the body.

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