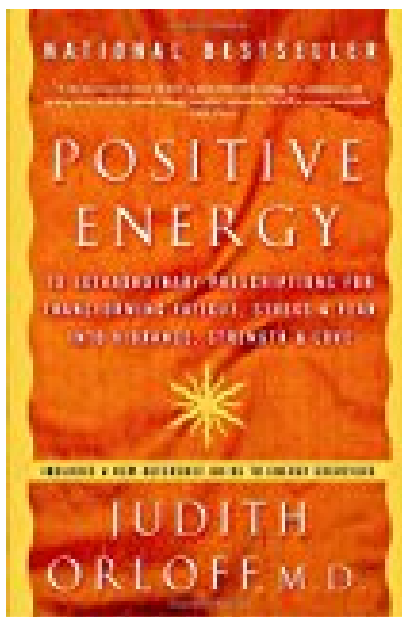


Positive Energy 10 Extraordinary Prescriptions for Transforming Fatigue Stress and Fear into Vibrance Strength and Love



BOOK DETAILS

- Author : Judith Orloff
- Pages : 384 Pages
- Publisher : Harmony
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BOOK SYNOPSIS

An introduction to "energy psychiatry" draws on intuition, the body's energy, and traditional medicine to address a range of emotional challenges, from workaholism to social anxiety, sharing energy-enhancing exercises and the author's recommendations on how to cultivate positive energy. Reprint. 75,000 first printing.

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