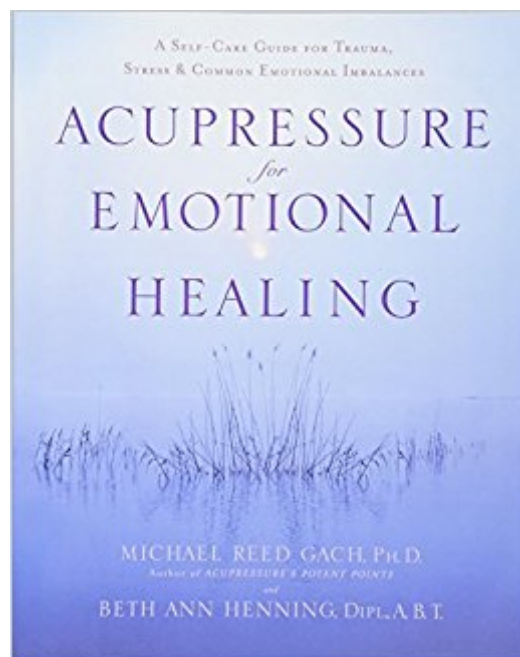




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# Acupressure For Emotional Healing: A Self-Care Guide For Trauma, Stress, & Common Emotional Imbalances



## Synopsis

Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches.

ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

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## Customer Reviews

Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches.

ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

Michael Reed Gach, PhD, Dipl ABT, founded the Acupressure Institute in 1976, one of the leading international training schools in Asian bodywork. Gach is a national expert on acupressure therapy and has taught over 100,000 people from all over the world. He is also the originator of Acu-Yoga, a self-healing system of exercises that integrates acupressure and yoga. Gach received his PhD from Columbia Pacific University in health and human services. Beth Ann Henning, Dipl ABT, is the founder and director of Tao Institute Inc., located in St. Cloud, Minnesota. She has studied with various teachers and spiritual leaders, and holds certifications in various modalities including Jin Shin Jyutsu practitioner, Reiki, acupressure therapy, herbology, Acu-Yoga, Shotakan karate, Shazen somatic therapies and esoteric theory.

A good book if you just want to learn self-care and not attend Acupuncture School

This is a beautifully written self-help book on how to successfully use acupressure to relieve the

negative emotional traces our life experience can sometimes impart. Delivered with simplicity and compassion. A well laid out reference that is also a credit to its editors and publisher. I am amazed at the connection the authors present throughout this book, and look forward to using the information to complete some transformations of my own. Thank you. A real gift to all who read and utilise it.

great introduction into acupressure points. Great resource for home massages given to family members.

Great book. easy Instructions. i use it every day.

Fits in with my profession as a reflexologist.

I am currently using this book to resolve the pain issues in my leg and shoulder. It's better than getting acupuncture needles in me and saves money on treatments. Give it a try.

Its a lot of good information that would surprise u. I happy with this book. A must read

Very helpful

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