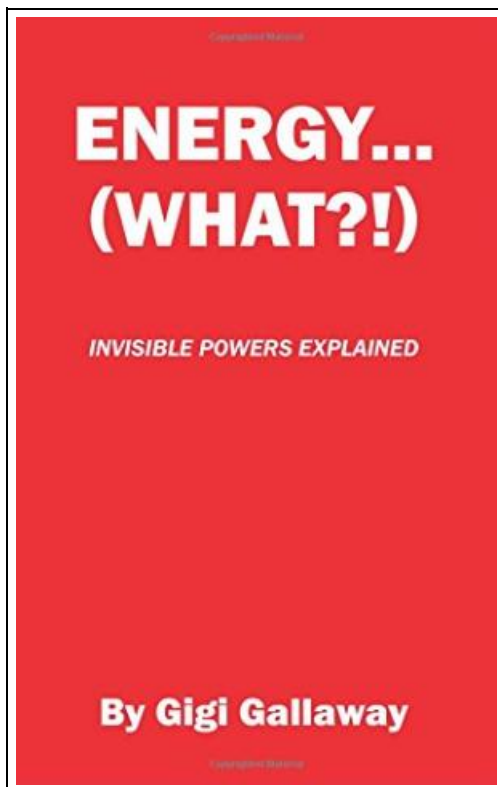


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Reviews

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Cade Nolan)

ENERGY.(WHAT?!): INVISIBLE POWERS EXPLAINED (PAPERBACK)



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Outskirts Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Energy is a big deal. This is a groundbreaking book because energy is an important part of every human being as well as all living things. By understanding energy we can be, and will be, far healthier, happier and more connected. Energy.(WHAT?!) is a book about the energies of life. This is not the kind of energy that powers houses or builds muscles though; it's about the parts-of-life energy that few people understand. If you have no idea what I mean, then please know this book is perfect for you. Energy is everywhere. It's within and outside of our bodies, and in many different forms. Some examples of this energy are meridians (that flow and can be adjusted through acupuncture and reflexology), auras (clouds of energy that surround the body) and chakras (the 7 vertical energy wheels of color that run up the body like your spine). We've all heard these discussed here and there, but Energy.(What?!) brings them all together in an easy to understand way. All life forms have energy, but different life forms carry different energy. Even some inanimate objects carry energy. Feng shui is well known as a way of balancing these energies in a given space. Too often, there is such a complexity to the many different types of energy and what they are able to do, that the subject can be not only confusing, but also seemingly reserved for advanced trained healers and gurus. Energy.(What?!) has been written for the lay people that want an understanding of what these energies are, how they work, and how to understand, learn and use them in one's own life. This book describes how energy holds all of...



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