



Stress Relief for Men: How to Use the Revolutionary Tools of Energy Healing to Live Well

Jed Diamond Ph.D.

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Depression, fatigue, chronic pain, sexual dysfunction, anger, and irritability: these are just some of the toxic effects of stress. *Stress Relief for Men* introduces energy healing techniques based on ancient wisdom and cutting-edge science that are designed to neutralize stress so that you can regain inner strength and power in your life--without talk therapy or drugs. According to preeminent heart surgeon and author Mehmet Oz, MD, "The next big frontier in medicine is energy medicine." This essential resource provides the most scientifically sound tools from this emerging new field applied to the most pressing problems facing men today.

Learn how to:

- Eradicate depression, anxiety, anger, and irritability
- Improve your love life--including better communication with your partner
- Eliminate chronic pain, reduce inflammation, and sleep better
- Develop peace of mind, greater well-being, and a passion for life

This book teaches you how to apply these proven energy healing "power tools":

- Earthing (Grounding)--healing through connection with the Earth's surface energy
- Heart Coherence--heart-based breathing and visualization techniques
- Attachment Love--activating healthy connection in relationships
- Emotional Freedom Techniques (EFT/Tapping)--described as an emotional version of acupuncture

The ultimate goal of these practices is health, vitality, and empowerment--so that you can successfully navigate relationships, skillfully face life's challenges, and enjoy your life!

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Richard Benson:

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Timothy Rowe:

Reading a publication tends to be new life style on this era globalization. With studying you can get a lot of information that could give you benefit in your life. Having book everyone in this world could share their idea. Books can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or even their experience. Not only situation that share in the textbooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors in this world always try to improve their ability in writing, they also doing some exploration before they write for their book. One of them is this Stress Relief for Men: How to Use the Revolutionary Tools of Energy Healing to Live Well.

Beverly Brown:

On this era which is the greater particular person or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple solution to have that. What you must do is just spending your time very little but quite enough to enjoy a look at some books. Among the books in the top listing in your reading list is usually Stress Relief for Men: How to Use the Revolutionary Tools of Energy Healing to Live Well. This book which can be qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking way up and review this reserve you can get many advantages.

Eddie Drennan:

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