

The Energy Psychology Self-help Guide is part of an internationally acclaimed program designed to teach individuals the basic principles of energy psychology, which can be used to deliberately shift emotions by focusing on the body's energy system. A• A brief, practical introduction for the general public. A• A resource for therapists to give to their clients. A• Clear instructions for bringing about quick and powerful changes in emotions, thoughts and behavior patterns. A• Learn the basic steps for addressing specific problems and goals, for uplifting your mood and optimizing your energy. Originally written for the clients of psychotherapists who used the acclaimed Energy Psychology Interactive program, this small self-help guide is proving itself to be a powerful, user-friendly introduction for anyone wishing to learn the important methods offered by energy psychology. Energy psychology brings a new genre of tools for facilitating desired changes in emotions, thought, and patterns of behavior. While it introduces unfamiliar methods and ideas, such as the notion that psychological patterns are coded not only in your neurons but also in your energies (the approach draws heavily from the principles of acupuncture), evidence of its effectiveness is growing. Energy Psychology Interactive has been reviewed, revised, and endorsed by 26 recognized leaders and innovators within the field of energy psychology, who comprise its primary consultants and formal Advisory Board. A Prototype of Energy Psychology Interactive, the version for psychotherapists, received the Association for Comprehensive Energy Psychology (ACEP) Outstanding Contribution Award for 2002.

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