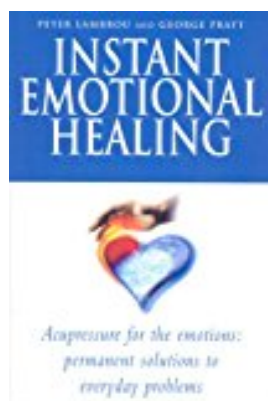


# [PDF] Instant Emotional Healing: Acupressure For The Emotions - Permanent Solutions To Everyday Problems

**Peter T. Lambrou, George J. Pratt - pdf download free book**

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**Books Details:**

Title: Instant Emotional Healing: Ac  
Author: Peter T. Lambrou, George J.  
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**Description:**

**From Publishers Weekly** Drawing on techniques ranging from focused thought to breathing and acupressure, Lambrou and Pratt guide readers through an Emotional Self-Management program, which they contend will dramatically accelerate the therapeutic process. Clinical psychologists who

are experienced in hypnosis, Lambrou (coauthor with Brian Alman of *Self-Hypnosis: The Complete Manual for Health and Self-Change*) and Pratt (*A Clinical Hypnosis Primer*) have found that the healing of anxiety, phobias and other emotional traumas is often delayed because of energy blockages that can stem from polarity reversals in a person's electromagnetic field. According to the authors, relief from chronic symptoms, often instantaneous, can be achieved once these blockages are cleared. ESM includes identifying emotional states, breathing and tapping along pathways, or meridians (the same ones used in acupuncture), to release energy for healing. Stories of patients, including children and teenagers, who have found relief through ESM provide a glimpse into a variety of applications. Those familiar with traditional Chinese medicine, the chakra system or Carolyn Myss's work will likely find much of this material oversimplified, but for those who are new to energy medicine, this is a good introduction to techniques that can be self-administered without risk of physical harm. (Feb.)

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**From Library Journal** Lambrou and Pratt are clinical psychologists with solid credentials, and this book is a cumulation of their research into using Eastern energy theories to heal unhealthy emotions. Their procedures, called "emotional self-management" (ESM), work for virtually any emotional issue, including pain, heartache, anger, and phobias. ESM is totally portable and offers instant relief once one gets the hang of the procedures, which include a combination of acupressure, tapping on pressure points, eye movements, and positive internal statements. This is do-it-yourself therapy. The authors are quick to point out, however, that serious clinical depression and addictions need professional intervention. Wonderfully detailed with step-by-step instructions and pictures, this book can offer a good dose of help to just about anyone. The authors' instructions are uncomplicated, and their anecdotal evidence of success rates is very encouraging. Highly recommended.

*-Marija Sanderling, Rochester P.L., NH*

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