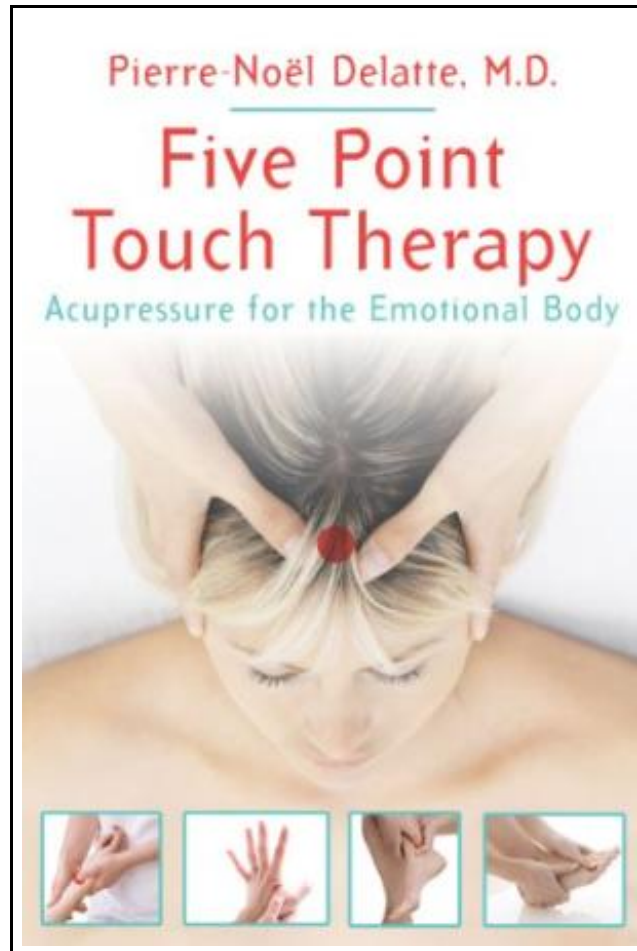


Five Point Touch Therapy: Acupressure for the Emotional Body



Filesize: 8.15 MB

Reviews

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.
(Dr. Meta Smith)

FIVE POINT TOUCH THERAPY: ACUPRESSURE FOR THE EMOTIONAL BODY

DOWNLOAD



To save **Five Point Touch Therapy: Acupressure for the Emotional Body** eBook, you should access the link under and download the document or gain access to additional information which might be have conjunction with FIVE POINT TOUCH THERAPY: ACUPRESSURE FOR THE EMOTIONAL BODY ebook.

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Five Point Touch Therapy: Acupressure for the Emotional Body, Pierre-Noel Delatte, Does emotion rule you or do you rule your emotions? With five point touch therapy, you can quickly counter negative emotional states as they arise, leaving you better able to cope with a crisis, as well as treat long-term issues such as depression and anxiety. More than just a self-help method, this technique, also called psycho-bio-acupressure (PBA), is also effective for children and babies, particularly for sleep problems and colic. Based on Dr. Delatte's 20 years of research and decades of hands-on practice, PBA works by sequential activation of 5 acupressure points to produce an energetic circuit in the body. This circuit can provide immediate relief from acute negative emotions and, when applied regularly, prevent future emotional overreactions and treat deep-seated destructive emotional states. The book includes 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks and scars at the root of many common physical ailments, such as eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional emotional and physical ailments as well as how to use this technique with homeopathy and Bach Flower Therapy for more stubborn conditions. Providing a daily routine of self-treatment to combat stress and balance your energetic centers, this book allows you to take control of your emotions as well as protect and enhance your health.



[Read Five Point Touch Therapy: Acupressure for the Emotional Body Online](#)



[Download PDF Five Point Touch Therapy: Acupressure for the Emotional Body](#)

Other eBooks



[PDF] Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Follow the hyperlink beneath to get "Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success" PDF file.

[Download eBook »](#)



[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Follow the hyperlink beneath to get "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" PDF file.

[Download eBook »](#)



[PDF] You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Follow the hyperlink beneath to get "You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most" PDF file.

[Download eBook »](#)



[PDF] Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Follow the hyperlink beneath to get "Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)" PDF file.

[Download eBook »](#)



[PDF] Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)

Follow the hyperlink beneath to get "Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)" PDF file.

[Download eBook »](#)



[PDF] Dom's Dragon - Read it Yourself with Ladybird: Level 2

Follow the hyperlink beneath to get "Dom's Dragon - Read it Yourself with Ladybird: Level 2" PDF file.

[Download eBook »](#)