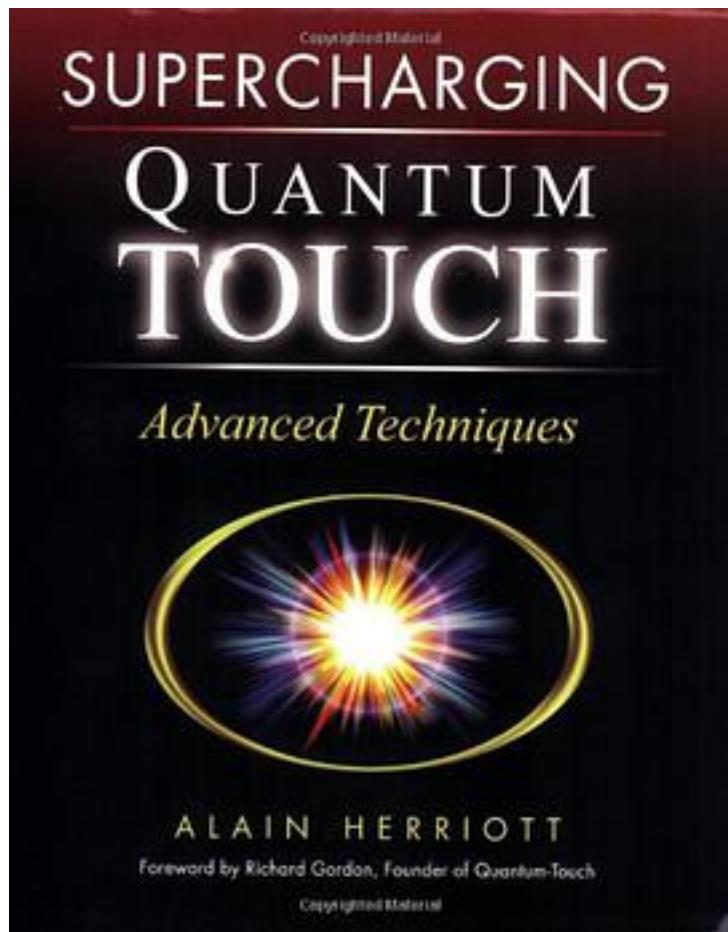


SUPERCHARGING QUANTUM TOUCH



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著者:Herriott, Alain

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Quantum-Touch teaches ways to focus and amplify life-force energy (chi) through simple breathing and body awareness exercises. The result stimulates the subject's biological intelligence to do whatever healing it deems necessary in everything from

major immune disorders to chronic pain to emotional disturbances. In *Supercharging Quantum-Touch*, prominent teacher Alain Herriott takes students and followers of Quantum-Touch beyond the basics, sharing the techniques used by the best, most effective practitioners.

From the hundreds of workshops he's conducted around the world, Herriott has gathered questions that he addresses here in a direct way that refines, clarifies, broadens, and deepens the work. The book begins by walking readers through the basic attributes of the best practitioners. Bit by bit, more techniques are added and "stacked" or laid out to create a step-by-step approach to work on anything a client needs, including (though not limited to) general pain, physical imbalances, and emotional issues. Strategies for perceiving energy more clearly are also included. Written in a very accessible style, *Supercharging Quantum-Touch* gives readers the confidence they need to work in this increasingly popular—and important—healing art.

作者介绍:

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