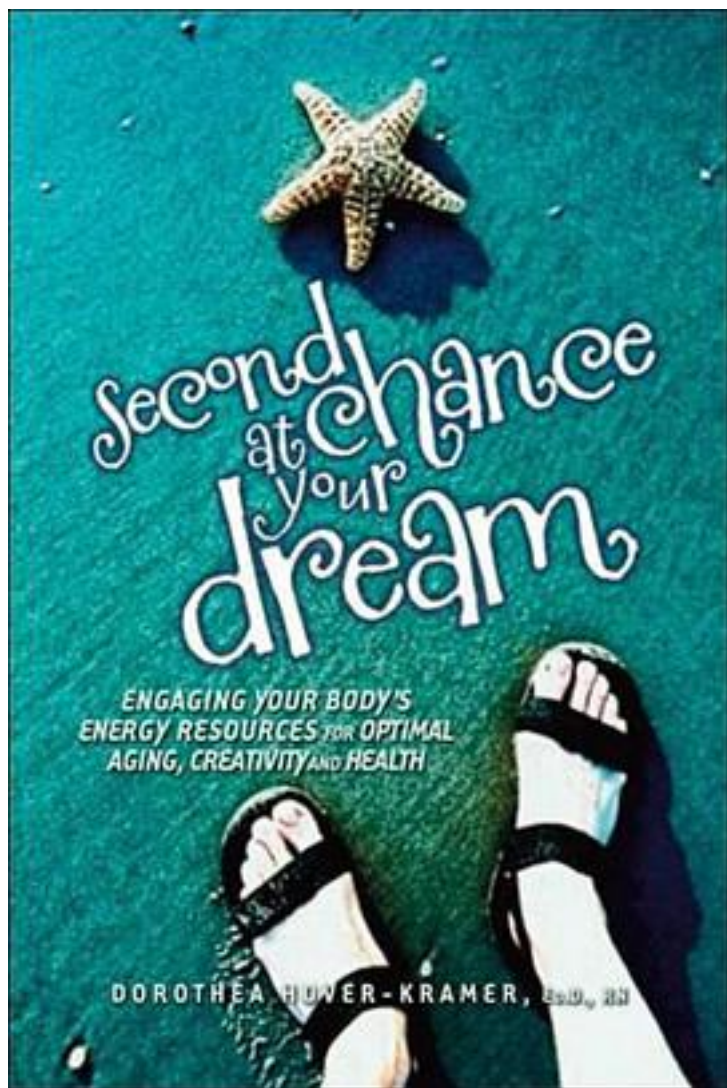


Second Chance at Your Dream



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This book provides a new template for the second half of life, one that it is bursting with energy, health, power, creativity and new beginnings. Rather than settling for less than our dreams, it fills us with the expectation that this period is our second chance to do, and to be, all the things we've ever dreamed of-and more! This is the first book to apply the breakthrough insights of Energy Psychology to aging. Energy Psychology is an exciting new healing method that changes the body's electromagnetic energy fields to produce immediate psychological shifts and physical well-being. It involves a simple set of breathing and touching exercises, and can be learned quickly by anyone. After just a few minutes of applying these methods, you can amaze yourself with how much better you feel! Energy Psychology pioneer Dorothea Hover-Kramer explains its basic principles in ways that are easy to understand. She shows how energy methods can liberate us from many of the typical problems of aging, such as low energy and reduced motivation.

作者介绍:

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