



Stress Relief for Men: How to Use the Revolutionary Tools of Energy Healing to Live Well

Jed Diamond Phd

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Depression, fatigue, chronic pain, sexual dysfunction, anger, and irritability: these are just some of the toxic effects of stress. *Stress Relief for Men* introduces energy healing techniques based on ancient wisdom and cutting-edge science that are designed to neutralize stress so that you can regain inner strength and power in your life--without talk therapy or drugs. According to preeminent heart surgeon and author Mehmet Oz, MD, "The next big frontier in medicine is energy medicine." This essential resource provides the most scientifically sound tools from this emerging new field applied to the most pressing problems facing men today.

Learn how to:

- Eradicate depression, anxiety, anger, and irritability
- Improve your love life--including better communication with your partner
- Eliminate chronic pain, reduce inflammation, and sleep better
- Develop peace of mind, greater well-being, and a passion for life

This book teaches you how to apply these proven energy healing "power tools":

- Earthing (Grounding)--healing through connection with the Earth's surface energy
- Heart Coherence--heart-based breathing and visualization techniques
- Attachment Love--activating healthy connection in relationships
- Emotional Freedom Techniques (EFT/Tapping)--described as an emotional version of acupuncture

The ultimate goal of these practices is health, vitality, and empowerment--so that you can successfully navigate relationships, skillfully face life's challenges, and enjoy your life!

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Jeremy Hutchings:

The book untitled Stress Relief for Men: How to Use the Revolutionary Tools of Energy Healing to Live Well contain a lot of information on the idea. The writer explains the girl idea with easy method. The language is very straightforward all the people, so do certainly not worry, you can easy to read the item. The book was published by famous author. The author will take you in the new time of literary works. You can actually read this book because you can continue reading your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site along with order it. Have a nice learn.

Robert Lee:

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