



# Endless Energy: The Essential Guide to Energy Health

*Debra Greene PhD*

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## **Endless Energy: The Essential Guide to Energy Health** Debra Greene PhD

This book is about human energy--where it comes from, where it goes and how to have more of it consistently. It takes the new science of energy medicine, translates it into clear and simple terms, then spells out easy ways to maintain energy health. This is **The New Home Health Guide for the 21st Century!**

The fields of energy psychology, energy kinesiology, and energy medicine have vastly altered what is known about how we function. But much of this life-altering information has not made it into the mainstream. Endless Energy puts these revolutionary ideas into your hands in easy to understand and practical ways.

Endless Energy:

- Explains how energy healing works
- Exposes the unseen energy aspects of illness and disease
- Ties together diverse healing approaches under one umbrella
- Describes the four energy bodies that comprise our energy system
- Provides practical tools to sustain vitality and energy health
- Addresses how intention and prayer work and why they sometimes don't
- Discusses the link between energy and information
- Connects the physical with the nonphysical in a seamless way
- Positions the energy body within a universal energy framework
- Explores where consciousness comes from
- Includes powerful yet simple energy exercises that get results

### **What people are saying:**

*If you care about the future of your health, you need to read Endless Energy.*

*Confused or skeptical about energy medicine as it applies to you? Endless Energy easily navigates you through energy anatomy and physiology, providing the big picture overview, connecting the dots with rigorous research, and detailing easy energy exercises. This book has it all.*

*Written in the conversational style of a caring practitioner, Endless Energy is the definitive guide to energy health.*

*Endless Energy walks you through the mysteries of human energy while providing you with the practical guidance to successfully master it.*

*If your clients or friends are clueless about subtle energies, go out and buy every one of them a copy of Endless Energy.*

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