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## The Little Book of Energy Medicine: The Secrets of Enhancing Your Health and Energy

By Donna Eden, Dondi Dahlin

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Little Book of Energy Medicine: The Secrets of Enhancing Your Health and Energy, Donna Eden, Dondi Dahlin, Do you wish you had more energy to do the things you love? You can be in greater control of your health right now! In The Little Book of Energy Medicine, Donna Eden provides simple, easy exercises to enhance the balance, flow and harmony of your body's energy system. This practical handbook is based on Donna's 35 years of experience teaching thousands of people natural techniques to instantly feel rejuvenated, happier, more alert and less anxious. It couldn't be simpler. The exercises can be done at a moment's notice and are suitable for all ages. Put an end to stress, fatigue, mood swings, worry and anxiety, and start the day feeling greater joy and vitality with The Little Book of Energy Medicine.



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### Reviews

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