



Endless Energy

**By Debra Greene,
PhD.**

**Reviewed by Betsy
Muller, MBA, CEHP,
EFT Cert.**

Debra Greene, PhD, has written an essential guidebook for anyone who seeks to better understand the human energy system, how it is related to our physical and emotional health, and how we can influence our energy to promote wellness and healing. Dr. Greene addresses four key energy bodies that exist simultaneously: the physical, emotional, mental and universal. She provides a chapter on each energy body, helping the reader understand how to experience it, assess its health, and develop its strength through awareness.

Within the book, readers are given a variety of simple exercises to allow experiential awareness accompanied by an extensive list of scientific resources and references for deeper study. There is ample substance in this book for both the scientist and the lay person to allow a sensible understanding to emerge from this very complex topic. This book is a must-have for any practitioner integrating energy modalities, as it offers practical language, study citations, and published information we can use to be taken seriously. Likewise, it should also enable better communication with our clients.

I had the pleasure of meeting with Debra over dinner while visiting Maui last month and now also know her as a very authentic, healthy woman who obviously practices what she teaches. She is youthful, slim, radiant and a delight to be with. The energetic radiance Debra enjoys is available to all of us. Thank goodness she has shared what she knows through this book.

We can all enjoy “Endless Energy,” and share it with others too.