

writer **Christina Cheung**



## EVERYDAY BLISS FOR BUSY WOMEN: ENERGY BALANCING SECRETS FOR COMPLETE HEALTH & VITALITY

by **Maryam Webster**

Filled with fast and easy stress-relieving tips for time-starved women-on-the-go, *Everyday Bliss for Busy Women* is an essential read for anyone caught up in life's rat-race. In explaining how to employ energy psychology practices like Tapas Acupressure Technique (TAT), Emotional Freedom Technique (EFT) and Z-Point Process to channel energy, Maryam Webster emphasises the importance of taking time out of a fast-paced, nonstop lifestyle for one's own emotional and physical wellbeing.

[www.maryamwebster.com](http://www.maryamwebster.com)

## FRIED: WHY YOU BURN OUT AND HOW TO REVIVE

by **Joan Z. Borysenko**

Harvard-trained medical scientist and psychologist Joan Borysenko offers a fresh perspective on burnout and how specifically to identify and deal with it. *Fried* employs Borysenko's own entertaining personal

accounts of burnout as well as words of wisdom from her many Facebook friends who have combated and conquered emotional and physical exhaustion. Melding together biology, psychology and spirituality, *Fried* manages to balance the fine line between science and empathy.

[www.hayhouse.com](http://www.hayhouse.com)

## THE ENERGY CURE: UNRAVELING THE MYSTERY OF HANDS-ON HEALING

by **William Bengston**

Ever since he was cured of chronic back pain through hands-on healing in his early 20s, sociology professor William Bengston has been questioning the limits of modern medicine and scientifically experimenting with the benefits of energy healing. *The Energy Cure* is partly a memoir and partly a guide for readers to discover self-healing methods Bengston has been researching and using to cure cancer patients for the past 35 years. A fascinating read, especially if you are sceptical about natural healing practices.

[www.bengstonresearch.com](http://www.bengstonresearch.com)

## ENDLESS ENERGY: THE ESSENTIAL GUIDE TO ENERGY HEALTH

by **Debra Greene**

Debra Greene is an expert in energy health and healing who offers practical solutions to those looking for alternative options to mainstream healthcare when it comes to combating lethargy. In *Endless Energy*, Greene explains how energy imbalances occur while also providing ways to improve and sustain energy levels using a combination of simple internal visualisation methods and external physical exercises. Written in a personable and engaging manner, this well-researched book will leave you feeling completely revitalised.

[www.debragreene.com](http://www.debragreene.com)

## ENERGY PSYCHOLOGY: SELF-HEALING PRACTICES FOR BODYMIND HEALTH

by **Michael Mayer**

Written by a licensed psychologist, *Energy Psychology* combines eastern practices of energy medicine with western practices of psychotherapy for holistic self-healing strategies integrating the best of both worlds. Praising the ancient healing and wellness techniques of Qigong and tai chi, Michael Mayer advocates treating the overall causes of common mental and physical conditions such as anxiety, insomnia and chronic pain, instead of the symptoms. Utilising case studies of his past patients, Mayer explains and demonstrates these bodymind healing methods in a comprehensive-yet-approachable manner.

[www.bodymindhealing.com](http://www.bodymindhealing.com)

## KUNDALINI: DIVINE ENERGY, DIVINE LIFE

by **Cyndi Dale**

President of Essential Energy and intuitive healer Cyndi Dale helps to unravel the mysteries of exactly what kundalini is and how this ancient form of Hindu sacred energy can benefit and improve one's health and wellbeing. Dale discusses how to boost essential chakras through Ayurvedic yoga and meditation, using tantras, mantras and breathing exercises to reach spiritual enlightenment. The book also addresses differences in masculine and feminine energies along with how to practise kundalini as a couple. An informative read for anybody who has been curious about one of yoga's lesser-known forms.

[www.llewellyn.com](http://www.llewellyn.com) 