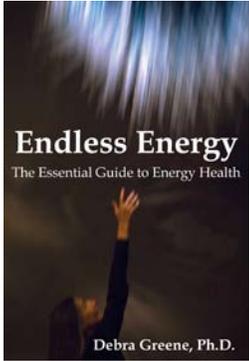


Endless Energy: The Essential Guide to Energy Health



by Debra Greene, PhD
MetaComm Media, 2009
Reviewed by Janel R. Guyette, MD

As an anthroposophic physician, I have studied esotericism and energy work for several years. I have found *Endless Energy: The Essential Guide to Energy Health* to be an amazing tool to use both personally and professionally.

The first part of the book describes what energy is, in easily understandable terms for people from all backgrounds. Recognizing that human energy has unique qualities (it is accessed internally, it is laden with information), Greene has coined the term inergy to refer to it. She then clearly extemporizes on the four different bodies on the human inergy continuum--the vital, emotional, mental, and universal. Dr. Greene has written a beautiful, clear, useful guide that is an excellent bridge for anyone, regardless of experience level, to be able to understand the unseen forces of the four bodies that comprise our constitution.

One of my favorite chapters is on the universal body. "It's not so important what you do. Why you do it matters most," writes Greene. This chapter delves deeply into a greater understanding of who we are and what we are doing, both on the lower and higher planes. She explains the significance of greater consciousness in a way we can all relate to and embody on a daily basis, and the fact that she does this under the guise of a health guide is an extraordinary gift.

Each chapter has concise, step-by-step, practical exercises to help us with different aspects of ourselves. Greene also provides a valuable resource guide in the back of the book and free downloadable tools on her website. An excellent resource guide, the book can also serve as an easy-to-use workbook.

I have used this book as a self-help manual personally, and as an adjunctive treatment tool for my patients in my private practice. As more of life's mysteries become revealed and we deepen our understanding of the whole, it's good to know there is now a practical guidebook to help us along the way.

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