

Book Review

Endless Energy: The Essential Guide to Energy Health

By Debra Greene, PhD

MetaComm Media

Kihei, Hawaii, 2009

Reviewed by Sonja K. Foss, PhD

With her book *Endless Energy: The Essential Guide to Energy Health*, Debra Greene, PhD, has succeeded in producing a comprehensive self-help manual that is beneficial for lay readers as well as mind-body professionals. In a phrase, it's like meta-analysis meets workbook.

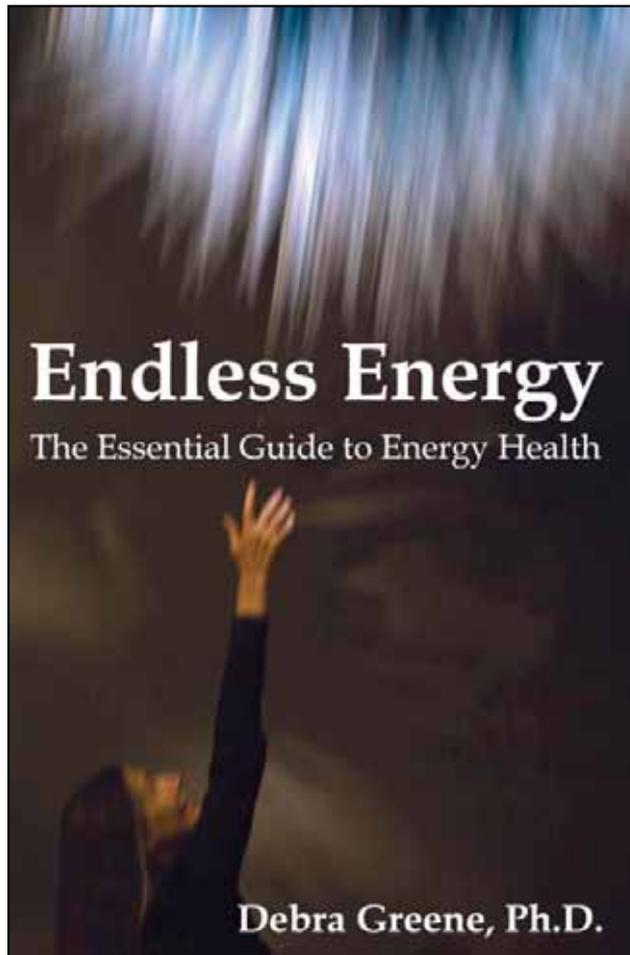
Both lay and professional readers will benefit from the array of practical exercises in the book, and practitioners in particular will benefit from Greene's expert weaving of a coherent theoretical framework that incorporates the many facets of energy medicine and its diversity of research. Many books focus on a single modality or theoretical concept; few synthesize such a variety of approaches, thus giving readers a way of understanding the field as a whole.

Greene's academic background is in communication and somatics (her doctorate is from Ohio State University). As a longtime practitioner of energy kinesiology, she positions herself as a supportive and knowledgeable health coach and sets out to teach her readers about their own energy makeup. Greene's focus is on the nonphysical subtle energy that is accessed internally and, she claims, is laced with information. She chooses to call this subtle energy "inergy," instead of the more familiar "energy," to highlight the qualities of human energy as distinct from electricity and power generators. The

book is fast paced; it covers basic energy anatomy—meridians, chakras, nadis, and aura—and their psychoemotional correlates in less than a chapter.

Early on, the overarching theory that permeates the book is introduced. Drawing from the multidimensional model put forth by William Tiller (*Psychoenergetic Science: A Second Copernican-scale Revolution* [Pavior Publishing; 2007]) and Richard Gerber (*Vibrational Medicine: Choices for Healing Ourselves* [Bear & Company; 1996]), Greene describes 4 subtle bodies that comprise an individual's inergy constitution: the vital, the emotional, the mental, and the universal. She avoids the term *spiritual* so as not to confuse inergy with religiosity. She also introduces the innovative notion of what she terms internal senses that are necessary to inergy health: attention, intention, visualization, self-talk, self-sensing, and self-observation. Then she provides assessments that readers can use to discover the overall health of each of their 4 inergy bodies.

In the body of the book, Greene uses a highly effective structure to organize a survey-like discussion of the field of energy medicine. Toward that end, she devotes 2 chapters to each of the 4 bodies. The first provides a research-rich theoretical understanding of a body; the second provides exercises and guidelines for achieving optimal health in that body. (An interesting side note: In her chapter on the emotional body, Greene offers a unique theory, based on the inergy bodies, of why and how tapping techniques such as the Emotional Freedom Technique, originated by Gary Craig, work.) In her final chapter,



Sonja K. Foss, PhD, is a professor of communication at the University of Colorado Denver. Her research interests include contemporary rhetorical theory; theorizing and advancing feminist values; and alternative, energy-based paradigms for explaining change process.

she encourages readers to retake the 4 body assessments with which the book began to see how far they've advanced in her energy health training program.

Greene is exactly the kind of personal trainer readers would want on their journey to inergy health. She clearly is knowledgeable about her subject. Included in the book are inergy health guidelines on topics such as cell-phone use, sun exposure, microwaves, inergy healthy foods, makeup and lotions, fabrics, and water. Readers will be particularly intrigued by Greene's discussion of the mental body, in which she offers guidelines on the 7 mental body types, how to potentize the power of intent, and how to actively work with thought-forms.

Greene's tone makes the world of mind-body medicine accessible to the general public. She writes in a conversational, personal style and uses a rich array of anecdotes. She explains complicated theories and studies in plain language, while providing drawings and photographs to clarify challenging ideas and to explain exercises. She also provides a web address where readers can access free downloads that provide audio facilitation of many of the exercises. A valuable inclusion in the book is an appendix with a list of inergy body resources, organized according to each body.

Only a few minor aspects of *Endless Energy* are likely to inhibit the reader. One is inconsistency in the use of the terms *inergy* and *energy*. Greene begins using *inergy* in the second chapter and uses it throughout the book until the last chapter when she switches back to *energy*. She makes such a good case for her new term that I wondered why *inergy* wasn't used consistently and wasn't part of the book's title. A second potential impediment has to do with the audio downloads of the exercises. Greene mentions the website where free downloads are available only at the beginning of the first exercise in the book; if readers skip around in the book, they may never encounter the note that mentions these downloads. She also doesn't indicate at the beginning of each exercise whether a download is available for it. I would have appreciated not having to go to the website to find out.

These complaints are minor, however, and have to do only with aspects of the book's presentation. In terms of content, the book is a superb synthesis of the best in energy medicine, with clear steps on how to apply it. It makes the field accessible to a wider audience without compromising the rich depth of relevant research. According to its back cover, Greene's book is "The New Home Health Guide for the 21st Century." As things alternative continue to be embraced by the mainstream, this book is bound to become just that.