



# second chance at your dream

ENGAGING YOUR BODY'S  
ENERGY RESOURCES FOR OPTIMAL  
AGING, CREATIVITY AND HEALTH

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## Second Chance at Your Dream: Engaging Your Body's Energy Resources for Optimal Aging, Creativity, and Health



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Energy Psychology can be an exciting new healing method that adjustments the body's electromagnetic energy fields to produce immediate mental shifts and physical well-being. This is the first book to use the breakthrough insights of Energy Psychology to aging. Rather than settling for under our dreams, it fills us with the expectation that this period is normally our second chance to accomplish, and to be, everything we've ever dreamed of-and even more! This book offers a new template for the second half of life, one which it is bursting with energy, health, power, creativity and new beginnings. It entails a simple set of breathing and touching exercises, and will be discovered quickly by anyone. After only a few minutes of applying these procedures, you can amaze yourself with just how much better you are feeling! Energy Psychology pioneer Dorothea Hover-Kramer explains its basic principles in ways that are clear to see. She displays how energy strategies can liberate us from many of the typical problems of maturing, such as for example low energy and reduced motivation.



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You will want to explore your dreams and wishes and open the chance to manifest those dreams? If you've ever meet Dorothea, you will immediately understand that not merely did she write this publication - she go through it! She Can be living and practicing what she teaches in this publication! I strongly suggest it to those that usually do not hesitate to try all of the miraculous things that life offers. Second Possibility at Your Fantasy: Engaging YOUR OWN BODY'S Energy Resources for Optimal Aging, Creativity and Health If you've ever meet Dorothea, you will immediately understand that not only did she write this book - she go through it! I recommend this publication - and what a great name! Wendy Anne McCarty, PhD, RN, DCEP, bringing energy psychology + primary psychology to LIFE! Author, Welcoming Consciousness: Supporting Babies' Wholeness right from the start of Life. After that this book is for you. I will keep this useful in my resource library for my well-being and my work. Well-organized, good research and bibliography - well-written; The way the human mind, features and what it is capable of, continues to be in the embryonic stage. Second chance at your dream Excellent for those folks who are wanting to commence to enjoy that Second Term!! Letting go of more dysfunctional belief patterns will lead to higher self acceptance. And, as the reader you feel that real aliveness oozing throughout the book. So, not merely do you get info and super-easy however life-enhancing exercises, nevertheless, you get lead on the trip by a woman you should have fun with along the way! Relating to Hover-Kramer, miracles await us wherever we're willing to see them. Finally, a book outlining the benefits of energy work from practical, common "psychological" perspective. The book discusses charkas, acupuncture pathways, emotional freedom technique (EFT) and many other styles of energy used to heal. Quite honestly, it's extremely difficult to contain in a brief review all the positive aspects of the book. body, spirit, even though older generations may not have much exposure to these systems, this author makes studying them easy, interesting and fun. It exposes energy work to the layperson! Moreover, these techniques work. You will want to feel better and get to the root of issues normally, without medicine? Charming, Fun, Informative - Enliven your daily life and Enjoy CARRYING IT OUT! Energy work helps concretize your goals. another great work by DHK. This book is a must-read Are you feeling tired and worn out as you age group? we can not measure it all and even if we had the technology, we still wouldn't normally know all of its huge capabilities. This book enables the reader to help himself. To be able to live our dreams, she often reminds us that self-discovery reaches the heart of modification. This book gives the reader many stories and techniques that may bring hope, encouragement, joy, and change. Energy comes after thought. I can't await even more. As a practitioner of acupuncture and herbal medicine, I utilize many methods, and educate patients on how best to help themselves. Try the techniques. You will end up happier. A great self-help book for the disbelievers. When asked where these methods came from, I offer a simple reply, "God produced them." We do not need a team of scientists to prove that they function. Kids aren't home, work is getting boring, friendships a little bit stale? This author conveniently explains how exactly to create abundance, pleasure and balance. She is warm-hearted, with great stories and exercises to assist you easily change your outlook. Help, wish, and renewal at any age group are possible. Love this particular one! By recreating positive thoughts, energy changes, and that adjustments outcomes. A fresh lease on life can be done! Helpful Guide for Ideal Aging Dr. Dorothea Hover-Kramer's book is a helpful information for readers who would like to be engaged in the second half of life. Her application of energy psychology to maturing is normally a welcome addendum to additional methods of remaining emotionally and physically fit in the old age. The practical tools and exercises - filled with photographs - are well demonstrated, obviously explained and easy to follow. This is a welcome invitation not only to participate actively but also to connect to inner wisdom. By freeing our minds of negative scripts, we are increasing the positive stream of energy. Hover-Kramer encourages the reader to nurture our yearning for a meaningful existence. While I've had several energy therapies carried out, I had never have a look at it a lot. To learn and understand many systems, and to grasp how they work. The technique works like a charm. Launch Blocking Beliefs. A bit disappointed with this book. This book brings knowledge and capacity to that that's within. I came across this book extremely interesting. Her own positive attitude and enthusiasm almost jump off the web page. That has right now changed, and I be prepared to keep using this reserve as a manual to feeling better and getting more control over my considering and emotions. That is definitely not among those books that you examine once rather than grab again. Author, Welcoming Awareness: Supporting Babies' Wholeness from the Beginning of Life. Don't let the thought of it getting for the second half you will ever have keep you

from scanning this, these techniques can be used at any stage of existence. The included pictures are a definite plus in understanding the materials. Holistic medicine is definitely mind; For anybody who provides ever contemplated substitute therapies, that is an exceptional place to start learning what it's all about. I think this is a great resource for anyone who'd like to learn alternative techniques to managing the daily stressors of existence. This publication gets a 5 celebrity rating from me! So, not merely do you get details and super-easy however life-enhancing exercises, nevertheless, you get business lead on the journey by a woman you will have fun with on the way! She IS living and practicing what she teaches in this reserve! And, because the reader you feel that authentic aliveness oozing through the entire book. I am not glad I purchased this one. I highly recommend this reserve - and just what a great title! Wendy Anne McCarty, PhD, RN, DCEP, bringing energy psychology + primary psychology alive! This book is filled with exercises and information to assist you live a more fulfilling, healthful and positive lifestyle.. They do. Second Possibility at Your Dream Dorthea Hover-Kramer's newest reserve is filled with exercises that you can use to improve your body's energy assets for optimal aging, creativity and wellness. Through exercises and great vignettes, Dorothea Hover-Kramer manages to help you jump start mid-life. More than only a intellectual exercise nevertheless, this book incorporates energy psychology strategies in a way that will assist you to discover renewed energy and enjoyment for these middle years. What exactly are you looking forward to? Mary Sise, LCSW co-writer of The Energy of Belief: Psychology's Power Equipment to Focus Purpose & Staying curious raises expect facing life's problems. Hover-Kramer then gives specific examples of how to proceed - access a lovely memory, express gratitude, give affirmation, acknowledge positive intention, focus breathing.



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