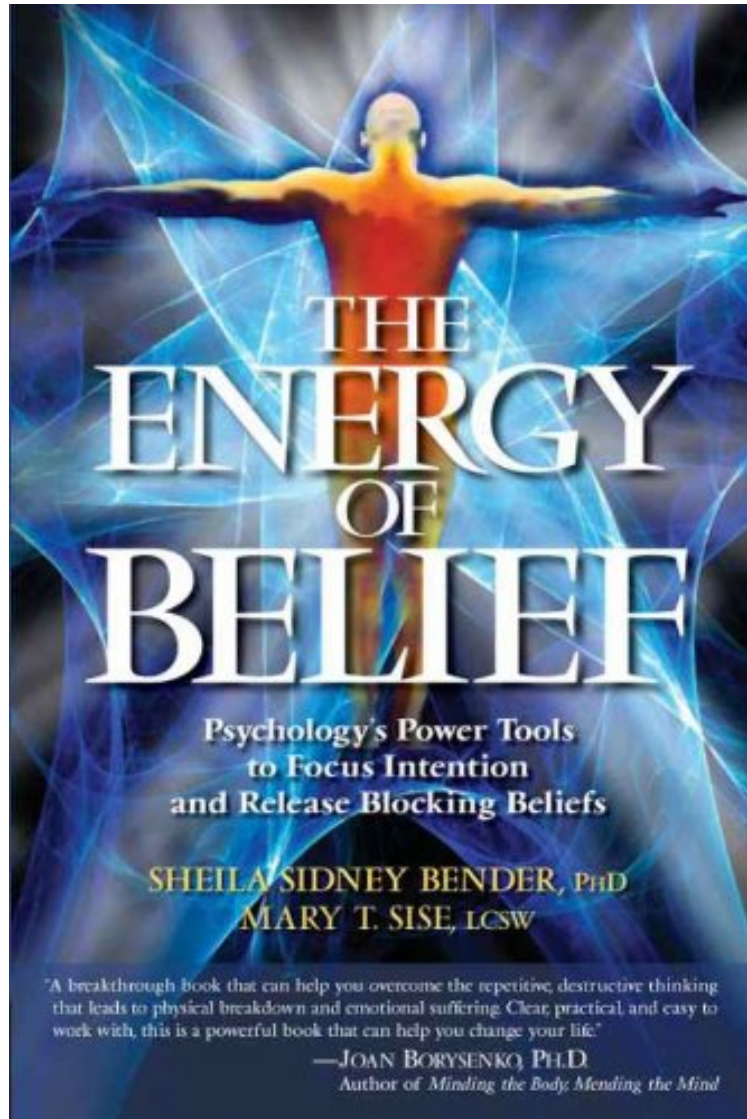


(Download) The Energy of Belief

The Energy of Belief

Sheila Sidney, PhD, and Sise, Mary T., LCS Bender
ePub | *DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#1569769 in eBooks 2007-11-15 2007-11-15 File Name: B004TMPS16 | File size: 59.Mb

Sheila Sidney, PhD, and Sise, Mary T., LCS Bender : The Energy of Belief before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Energy of Belief:

31 of 33 people found the following review helpful. Another variation on EFT, mostly nothing new By CooljonnorrisI was hoping that this book would deliver on its hype but was quite disappointed. "Breakthrough book" it is definitely NOT, and all the hype just leads the reader astray. This book is just a variation on Gary Craig's Emotional Freedom Technique (EFT), which he adapted from Callahan's Thought Field Therapy (TFT), and both of which are borrowed from ancient qigong techniques for tapping or stimulating acupuncture points. There is nothing very new or dramatically different about this system, which leans very heavily towards TFT. Given the outrageous sums of money

required for some levels of TFT, I am not a fan of Callahan. If you know absolutely nothing about energy therapies or qigong, you might benefit from this, but I have found EFT to be far easier to learn and practice. I see no real need for this book, and would recommend checking out EFT first, as there is much information available for free on the EFT web site. Not recommended. 0 of 0 people found the following review helpful. Five Stars By phyllis p singletary Great book 8 of 10 people found the following review helpful. Self Help Made Easy By Gloria Arenson In The Energy of Belief readers are taught a wonderful energy psychology method that is related to Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT), called TAB. The authors skillfully take readers through the steps to use it on themselves. The authors give information about the history of energy psychology approaches, scientific studies that explain why TAB works and include cases that readers will easily identify with. This book is user friendly and simple to apply to everyday problems or long standing challenges. It belongs on everyone's book shelf. Gloria Arenson, MFT author of Five Simple Steps to Emotional Healing, A Substance Called Food, Born to Spend, How to Stop Playing the Weighting Game, Freedom at Your Fingertips

Change is hard. Beliefs, thoughts and behaviors often continue as if they have a life of their own, and trying and talking--despite the best intentions--often don't seem to help. Many people spend years in psychotherapy without making a dent in their issues, but now a growing body of doctors, nurses, psychologists, and social workers are discovering that there are remarkable new techniques that, by correcting the flow of electromagnetic energy in the body with simple touching and breathing exercises, actually resolve longstanding psychological issues. The authors of The Energy of Belief, Sheila Sidney Bender, a psychologist, and Mary T. Sise, a clinical social worker, wanted to help their patients take back control of their lives from unwanted beliefs, thoughts, feelings, and actions. They call their breakthrough method energy-TAB, or "touch and breathe." In this self-help book, Bender and Sise describe their method and lay out a series of simple exercises that allow people in distress to quickly feel major physical and psychological shifts. Their book is packed with real-life examples of clients who were not helped by other forms of therapy, but who used energy-TAB to free themselves of fears, addictions, and runaway emotions. Additionally, the book includes solid science, a step-by-step method for replacing any negative belief with a positive one, simple strategies for performance enhancement, dozens of illustrations, real-life case histories, and easy-to-follow instructions for using this exciting new method.

From the Publisher "The Energy of Belief is for anyone struggling with self-defeating anxieties, beliefs, habits and behaviors, who is ready to try some exciting, effective, simple, user-friendly new self-help tools for change. Sise and Bender's exciting, eminently readable new book is based on the latest discoveries of the meridian-based treatments of energy psychology, and in a very clear, practical and grounded way, empowers readers to focus and fuel their intention to change and grow." -- Belleruth Naparstek, LISW, author of Invisible Heroes "The Energy of Belief is a breakthrough book that can help you overcome the repetitive, destructive thinking that leads to physical breakdown and emotional suffering. Clear, practical, and easy to work with, this is a powerful book that can help you change your life." -- Joan Borysenko, PhD, author of Minding the Body, Mending the Mind About the Author Sise and Bender lay out a series of simple exercises that allow people in distress to quickly feel major physical and psychological shifts by holding their bodies in certain ways while taking deep breaths. Their book is packed with real-life case histories of clients who were not helped by the forms of therapy, but for whom the authors' technique, energy-TAB, produced miraculous results.