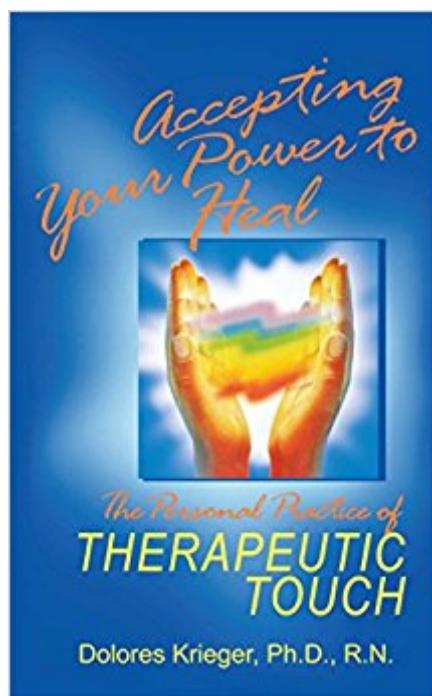


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# Accepting Your Power To Heal: The Personal Practice Of Therapeutic Touch



## **Synopsis**

Since 1972, Dolores Krieger has taught Therapeutic Touch to thousands of health professionals around the world. In Accepting Your Power to Heal, she now shows all of us how to master this powerful energetic healing practice. Krieger points out that while this is not a "miracle cure," Therapeutic Touch has proven to be safe and helpful in the treatment of a variety of conditions from PMS, headaches, burns, and bone fractures to asthma, reproductive problems, cancer, and AIDS. She encourages us to acknowledge our own innate healing abilities and provides experiential exercises to teach us the basic Therapeutic Touch techniques. The miracle, if there is one, is that we can all participate in the healing process and help our friends, partners, families, and even pets to feel better.

## **Book Information**

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## **Customer Reviews**

" . . . a handbook for anyone who wishes to learn and use this powerful tool. The text is clear and easy to follow. Krieger provides an explanation of the tenets of TT, how it works, and its best uses. She provides step-by-step instructions on how to center yourself and attune your consciousness to the source of healing power, how to assess energy fields, and how to affect them." (Fate Magazine) "Since 1972, Dolores Krieger has taught Therapeutic Touch to thousands of health professionals around the world. In Accepting Your Power to Heal, she now shows all of us how to master this powerful energetic healing practice." (Embody Magazine, October 2013)

Dolores Krieger is the bestselling author of The Therapeutic Touch: How to Use Your Hands to Help

or to Heal and Living the Therapeutic Touch: Healing as a Lifestyle.

I am a massage therapist and I bought this book thinking it would be slightly different than it is... I was thinking it would be about bodywork in general - therapeutic touch in the sense of massage, chiropractic, structural work, etc. However, it is more about the 'laying of hands' or just simply energy work - no touch involved. I think this book would be well suited for someone doing Reiki or some other energy work. I did read it, though, and I can say I really enjoyed it and learned quite a few things that I can incorporate into my massage practice- and will.

One of those books that you will want to add to your collection of Therapeutic Touch information. If you are working on your class for this modality this is a good book to own.

Dr Krieger so eloquently describes this therapy and guides one into a deeper understanding of Therapeutic Touch (TT). One will want to find a true TT teacher and learn this helpful and healing therapy.

Practice T.T

Just what I was looking for. It tells the history and how to.

An outstanding resource for practicing health care providers looking to contribute the extra mile in the care of their respective patients.

Great book--it makes one realize the power we have in our hands to heal others.

Sorry for this low rating, but I got more in depth knowledge of learning to heal from "Your hands can heal you"

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