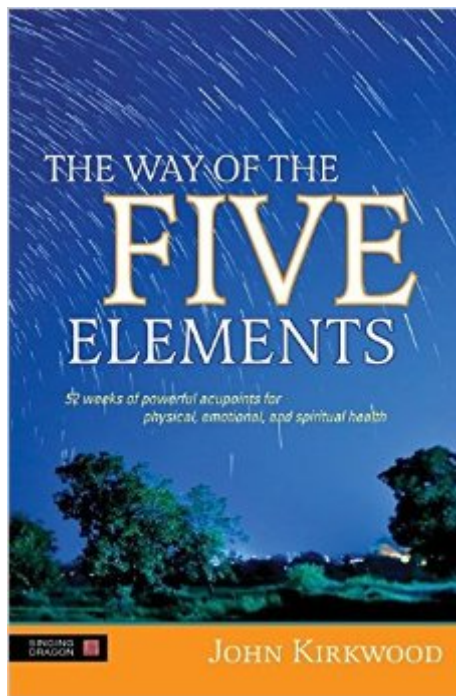


The book was found

The Way Of The Five Elements: 52 Weeks Of Powerful Acupoints For Physical, Emotional, And Spiritual Health



Synopsis

Framed within the context of the modern, everyday world, this book takes a refreshing, anecdotal stroll through the healing principles of Chinese medicine, looking at key acupoints for each week of the year. The author journeys through the seasons of the Five Elements and within them the physical, emotional and spiritual associations of key acupoints, exploring their names, functions, and intensely practical healing use in the real world. The acupoints range from the point that can help with your sense of smell, through to the Fire points that can help with a good sense of humour. With clear descriptions and images that express the spirit of the season, and photographs of the point locations, this book is perfect for anyone interested in a different view of the body and its healing relation to the seasons, as well as students and practitioners of Chinese medicine looking for deep and memorable insight into their work.

Book Information

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Customer Reviews

The information in this book is great. I just expected more of an organized layout for the 52 weeks of acupressure. I've learned a lot but just expected it to be organized in a way that gives you weekly information or layout was different. Otherwise very powerful stuff that actually works. I've been feeling amazing doing the techniques!!!! I actually do the techniques morning and night. Thanks to the author if you read this!!!!

I just received this book and it came at the perfect time. I am a qigong teacher and in a couple of

days I am offering a special class on self-tapping and the Points. I am supplementing my notes with information from Kirkwood's book. This was what I had in mind when I decided to teach this class. I love the in-depth discussions that he has on the points. Always refreshing to see another person's view on things. It is not just good for the info on the points he is discussing but shows where these points are on the body, with photos. It is great for qigong practitioners so they can know which meridians/points are stimulated by all the qigong exercises. I may just add it into my required readings for my qigong certification students.

A beautifully written and illustrated book, easy to follow, clear, deep and poetic .Each day I can't wait to read more, reflect and play with different combinations of points. I highly recommend it.
Jenny Forsyth , therapeutic body worker.

This can be a journey of learning through the year, or you can go directly to the element most needed. Very useful in deepening your practitioner awareness of the nuances.

Excellent Acupressure information.

Book arrived on time and is all I expected ! Thanks

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