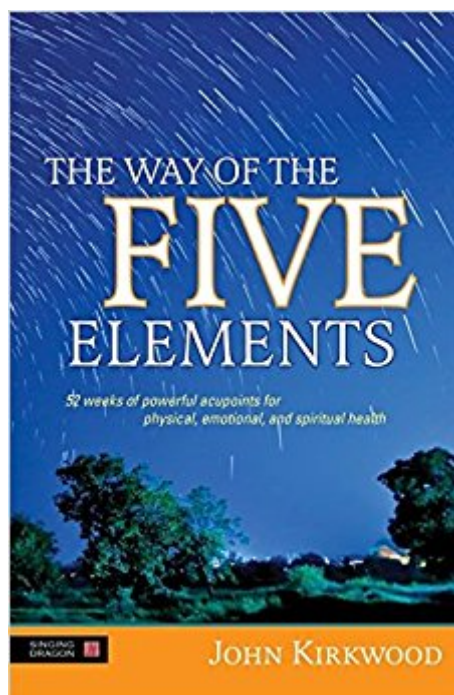




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The Way Of The Five Elements: 52 Weeks Of Powerful Acupoints For Physical, Emotional, And Spiritual Health



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

Hardcover: 312 pages

Publisher: Singing Dragon; 1 edition (November 21, 2015)

Language: English

ISBN-10: 1848192703

ISBN-13: 978-1848192706

Product Dimensions: 5.9 x 1 x 8.7 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,085,678 in Books (See Top 100 in Books) #71 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture #275 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #567 in Books > Textbooks > Medicine & Health Sciences > Medicine > Special Topics > History

Customer Reviews

Through poetry, lush visual imagery, fascinating case histories and crystal clear explanations and point locations, John Kirkwood brings the body, soul and spirit of Five Element Acupuncture to life. A labor of love and devotion, this is a book clinicians, students and patients of traditional Chinese medicine have long been waiting for. I will use it in all my teaching and will cherish my copy for years to come. -- Lorie Eve Dechar, author of 'Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing' John Kirkwood's The Way of the Five Elements is an original and immensely practical addition to the growing literature of five element medicine. In addition to his

lively descriptions of each element, John Kirkwood offers something new: explorations of individual acupoints that highlight their elemental qualities. In choosing a small handful of powerful points for each element, Kirkwood offers readers a highly accessible way into the very complex system of acupuncture points. Novice readers and journeyman practitioners alike will find insights and ideas for acupressure treatment of themselves and their clients. -- Gail Reichstein Rex, acupuncturist and author of *Wood Becomes Water: Chinese Medicine in Everyday Life* and *Earth Acupuncture: Healing the Living Landscape* The benefit of supporting the Element and living in each season goes far beyond the role of Shiatsu and Acupuncture, and so I recommend this book to students and practitioners of all healing therapies which incorporate seasonal energetic work. -- Julie Weeks, MRSS(T) Shiatsu Society Journal

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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.

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.

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.

Excellent Acupressure information.

I enjoyed reading this very precise book. It has also an element of sensitivity that I appreciated very much. Highly recommended

A beautiful presentation of these ideas. it takes time to absorb.

Book arrived on time and is all I expected ! Thanks

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