

Acupressure For Emotional Healing: A Self-Care Guide For Trauma, Stress, & Common Emotional Imbalances

By Michael Reed Gach Ph.D.;Beth Ann Henning Dipl. A.B

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About Acupressure for Emotional Healing. Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia

Stories of healing emotional trauma in my

Trauma resolution has long been a specialty of mine in my acupuncture-healing practice. I ve worked with many men and women who suffer from the remnants of past

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Michael Reed Gach, PhD, Dipl ABT, founded the Acupressure Institute in 1976, one of the leading international training schools in Asian bodywork.

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About the Author: Michael Reed Gach, PhD, Dipl ABT, founded the Acupressure Institute in 1976, one of the leading

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