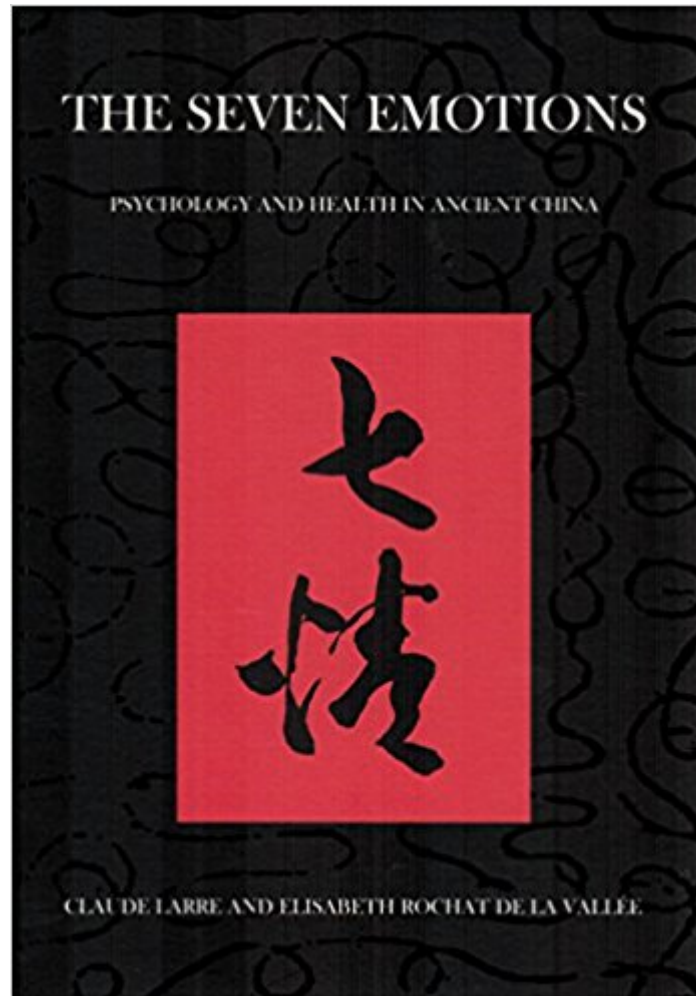




Ebook Directory
the best source of ebook

The book was found

The Seven Emotions: Psychology And Health In Ancient China



Synopsis

This book presents a study of the energetics of the emotions. Looking at classical texts each of the seven emotions of Chinese medicine is discussed in detail. The etymology of the characters is examined, pathological and non-pathological manifestations of each emotion are described, and relationships with the various zangfu are explained. With this book the clarity of classical Chinese thinking about psychology and emotion is revealed. It shows how each sensation and display of feeling involves subtle movements of the zangfu, blood and qi, and has far reaching effects on our health and well-being. An appendix gives the Chinese text and a translation. There is also an index of all main concepts.

Book Information

Paperback: 190 pages

Publisher: Redwing Book Co (January 1996)

Language: English

ISBN-10: 187246808X

ISBN-13: 978-1872468082

Product Dimensions: 0.5 x 6 x 8.5 inches

Shipping Weight: 14.9 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #668,957 in Books (See Top 100 in Books) #38 in Books > Textbooks >

Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #357 in Books >

Textbooks > Medicine & Health Sciences > Medicine > Special Topics > History #612 in Books >

Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

This book presents a study of the energetics of the emotions. Looking at classical texts each of the seven emotions of Chinese medicine is discussed in detail. The etymology of the characters is examined, pathological and non-pathological manifestations of each emotion are described, and relationships with the various zangfu are explained. With this book the clarity of classical Chinese thinking about psychology and emotion is revealed. It shows how each sensation and display of feeling involves subtle movements of the zangfu, blood and qi, and has far reaching effects on our health and well-being. An appendix gives the Chinese text and a translation. There is also an index of all main concepts.

Coming from a background in psychology and mental health, I amso moved by the insights of Claude Larre and Elizabeth Rochat dela Vallee. In my experience they take a step back (that is, slowdown) to succinctly explain how the emotions impact our interdependentbeingness and health. My favorite book is "Rooted in Spirit: the heartof Chinese medicine."This book, "The Seven Emotions," is very important and helpful forstudents and practitioners of Chinese medicine to refer to as we endeavor toassist patients in a holistic and compassionate way, using acupunctureto harmonize the organs and calm the shen so that the spirits have theirresidence in the Heart.

[Download to continue reading...](#)

The Seven Emotions: Psychology and Health in Ancient China China: China Travel Guide: 101 Coolest Things to Do in China (Shanghai Travel Guide, Beijing Travel Guide, Backpacking China, Budget Travel China, Chinese History) China Travel Guide: Best of Beijing - Your #1 Itinerary Planner for What to See, Do, and Eat in Beijing, China: a China Travel Guide on Beijing, Beijing ... (Wanderlust Pocket Guides - China Book 2) International Travel Maps China, Scale 1:3,800,000: Changchun, Beijing, Xian, Wuhan, Shanghai, Hong Kong, Taipei, Yellow Sea, East China Sea, South China Sea, Seoul, Delhi, Calcutta, Hanoi: Itmb China 2008 Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health Emotional Intelligence: How to Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Dictionary of Emotions: Words For Feelings, Moods, and Emotions Alexander: The Great Leader and Hero of Macedonia and Ancient Greece (European History, Ancient History, Ancient Rome, Ancient Greece, Egyptian History, Roman Empire, Roman History) China and Global Trade Governance: China's First Decade in the World Trade Organization (Routledge Contemporary China Series) China Travel Guide: Best of Shanghai - Your #1 Itinerary Planner for What to See, Do, and Eat in Shanghai, China: a China Travel Guide on Shanghai, Shanghai Travel Guide, Shanghai Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Arbitration Concerning the South China Sea: Philippines versus China (Contemporary Issues in the South China Sea) China: Where To Go, What To See - A China Travel Guide (China,Shanghai,Beijing,Xian,Peking,Guilin,Hong Kong) (Volume 1) China: Where To Go, What To See - A China Travel Guide (China,Shanghai,Beijing,Xian,Peking,Guilin,Hong Kong Book 1) Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. (dark psychology, mind control, hypnosis, forbidden psychology, manipulation)) The Longevity Plan: Seven Life-Transforming

Lessons from Ancient China The Seven Military Classics of Ancient China National Geographic
Investigates: Ancient China: Archaeology Unlocks the Secrets of China's Past Emotional
Intelligence: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ (Positive
Psychology Coaching Series Book 8)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)