

# On The Bookshelf

Book and Media Reviews by Krysta Gibson

## Try It On Everything The Revolution Starts Within Feature length DVD



This movie is about the use of EFT or the Emotional Freedom Technique. EFT is a way to use some of the principles of acupuncture by tapping on certain keys points of your body. Many people know about EFT and use it. This is the first movie I am aware of that follows 10 people who attend a weekend seminar where they learn about the technique for the first time.

We actually get to meet these 10 people who have a variety of issues: physical pain, intense grief, financial concerns, weight issues, post-traumatic stress disorder. The beginning of the movie shows interviews with these people where they express their issues. None of them have previous experience with EFT but they are willing to try. You can easily see the pain each is in.

During the movie we see them working on their issues both in group settings as well as in individual sessions. It is incredibly powerful to watch them go through their processes. The filming supports our own emotional involvement with each person. I found myself encouraging them on, wanting to see them overcome their problems. There is no way your heart is not touched by their willingness to share their processes with us.

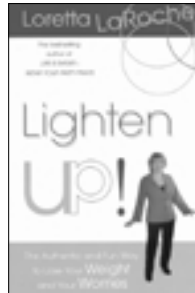
At the end of the weekend, these people are visibly transformed. They share how different they feel, but we can see it in how they appear. Their faces shine! There is also follow-up where they are interviewed six months after the workshop and they are still pain-free and still using the EFT technique.

From watching the movie you will learn the technique for yourself; it is very simple. There is also a special section where we are walked through the actual process of using EFT so we can start using it ourselves right away.

Interspersed throughout the movie are short clips of teachers such as Jack Canfield, Dr. Bruce Lipton, Joe Vitale, Cheryl Richardson and others telling us about their view of EFT being valid and something they have each used themselves.

This movie will touch your heart and encourage you to want to explore the possibility of living a life without pain, without some of the emotional luggage you might be carrying around. What if life could be more joyful and fulfilling just because you knew how to "tap?" Watch this movie and see what happens for you.

## Lighten Up The Authentic and Fun Way to Lose Your Weight and Your Worries By Loretta LaRoche Hay House

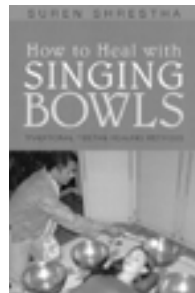


Loretta LaRoche is a fun author to read because she has a great sense of humor and a faced-paced writing style. She is an international stress consultant, former aerobics instructor and owner of a wellness center and has been exposed to lots of different ideas about losing weight and getting healthy.

Her approach is based on common-sense and helps you make good decisions about what you eat, how you move, and finding more joy and balance in your life. Her ideas contain the fun factor, too. For instance, instead of keeping a food journal counting your calories and fat grams, how about keeping a journal of what you loved about your food every day. She says, "Calorie counting is one thing; how about counting the pleasure you get from your meals?"

LaRoche talks about how we see our food and make choices, how we integrate the eating experience into our lives, and how we can go about making our lives a little less stressful, happier, and sane. The book really is about how to make finding your right body size an enjoyable adventure rather than a maddening chore. Whether you want to lose a lot of weight or just a bit, this book is sure to be a dog-eared companion along the way.

## How to Heal with Singing Bowls Traditional Tibetan Healing Methods By Suren Shrestha Sentient Publications



Most of us have had the pleasure of hearing or playing singing bowls; such a beautiful and haunting sound they can make. Although people do use these bowls for healing, this book is the first I have seen that gives an actual procedure to use for various types of healing.

The author was born in Nepal and in the village where he grew up people were healed by herbalists, monks, and medicine men using drums, gongs, and mantras. He came to the United State when he was

15 years old, graduated from college and eventually returned to Nepal to learn how to practice ancient healing techniques.

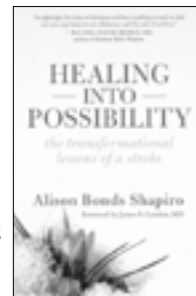
In the book, he explains the types of bowls (he is not talking about the crystal singing bowls, only the metal ones), how to choose them and how to work with them. He talks about the charkas and tones to use for various ailments and desired results.

With the book is a CD where he walks you through a relaxation session, a chakra healing session, and a meditation. During the sessions, he tells you which bowl to use, where, and how to strike it. This would be very helpful to someone learning to use the bowls in their healing practice. I enjoyed each of the sessions even though I wasn't using bowls myself.

Anyone who wants to incorporate the use of metal singing bowls in their personal or professional practice will want to add this book to their library. It is full of practical, clear information that is sure to help you use these incredible tools to help yourself and others.

## Healing Into Possibility The Transformational Lessons of a Stroke Alison Bonds Shapiro New World Library

If you have known someone who has had a stroke, also known as a brain attack, you know the devastation that can follow and how long and steep the road to recovery can be. This book is a jewel and a gift to those who have had a stroke or other serious injury, illness or seemingly impossible problem.



The author walks us through her personal

experiences of having two strokes and what she went through in order to recover the use of her body and brain, the impact it had on her family, and what she learned. She shares tools and ideas that have helped her as well as the stroke survivors and family she works with today.

According to the American Heart Association, about 700,000 new strokes occur in the United States every year; that's one every 45 seconds. The information in this book will certainly go a long way to helping stroke victims become stroke survivors and give friends, family, and professionals some very practical tools to help them as well.

## The Pocketbook Trilogy By Karen Cornell, Jane Li Fox, and Marleen Putnam Triple Eight Publishing



If you want to dip into something about prosperity, relationships, or transformation and transcendence, this trilogy will fit the bill. Imagine being able to tap into the wisdom, experience, and humor of three delightful women between the covers of a book. Karen, Jane, and Marleen graciously share with us their experiences and the wisdom they gleaned along the way.

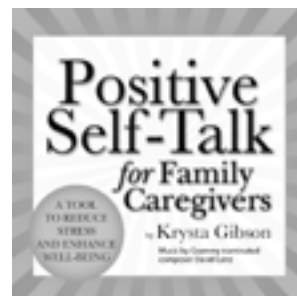
The didn't really start out to write books together but it is what ended up happening. Each of the three small books is written in such a way that you can sit down with it in small doses and get a lot out of it. They tackle the big issues of life while obviously having fun along the way.

If your life is a busy one or you don't want to read another 300-page book, get these little gems instead. These authors have read the books, done the courses, lived the life, and you get to reap the rewards!

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## Charmed By Snakes

Continued from Page 9 never leave without them, even my father could not convince me, so she and my aunt went off to the store in search of something to put them in. I sat and waited patiently with my arms loaded with snakes. They came back with large gallon

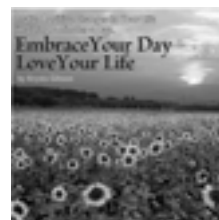
plus jars and after punching holes in the lids, 50 snakes fit snugly in each jar and home to Seattle we all went.

Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World,



Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (206) 525-2016 or [www.martha-norwalk.com](http://www.martha-norwalk.com). For a free, no obligation telephone evaluation or to make an appointment for Martha to work with you and your animal friend, give her a call.

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