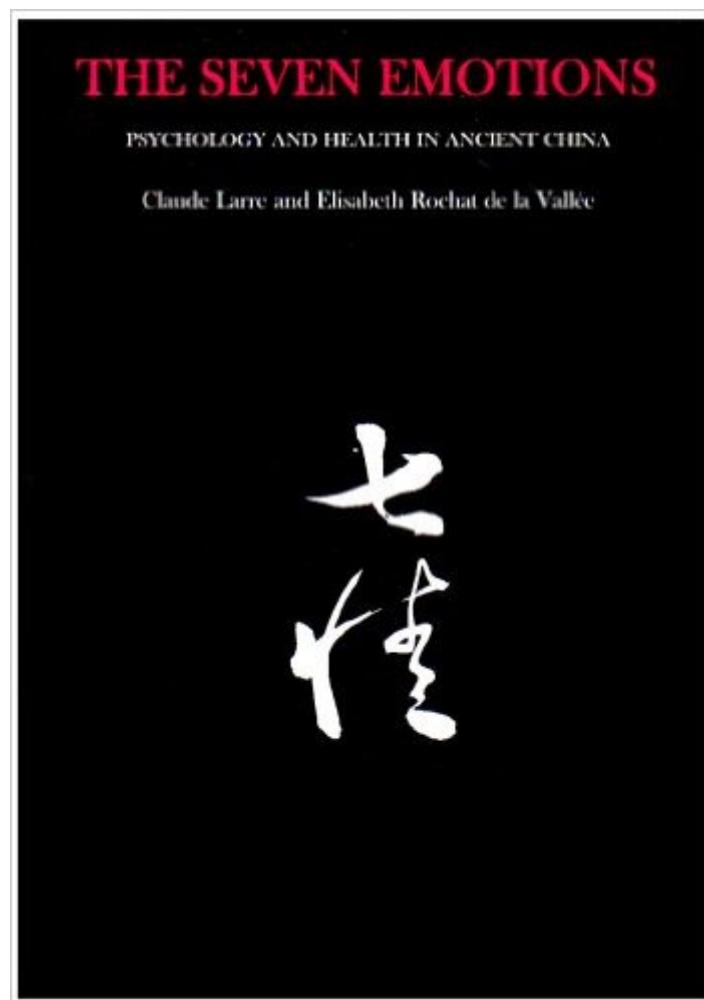


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The Seven Emotions: Psychology And Health In Ancient China



Synopsis

Book by Larre, Claude, Rochat De LA Valle, Elisabeth, Root, Caroline

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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.

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