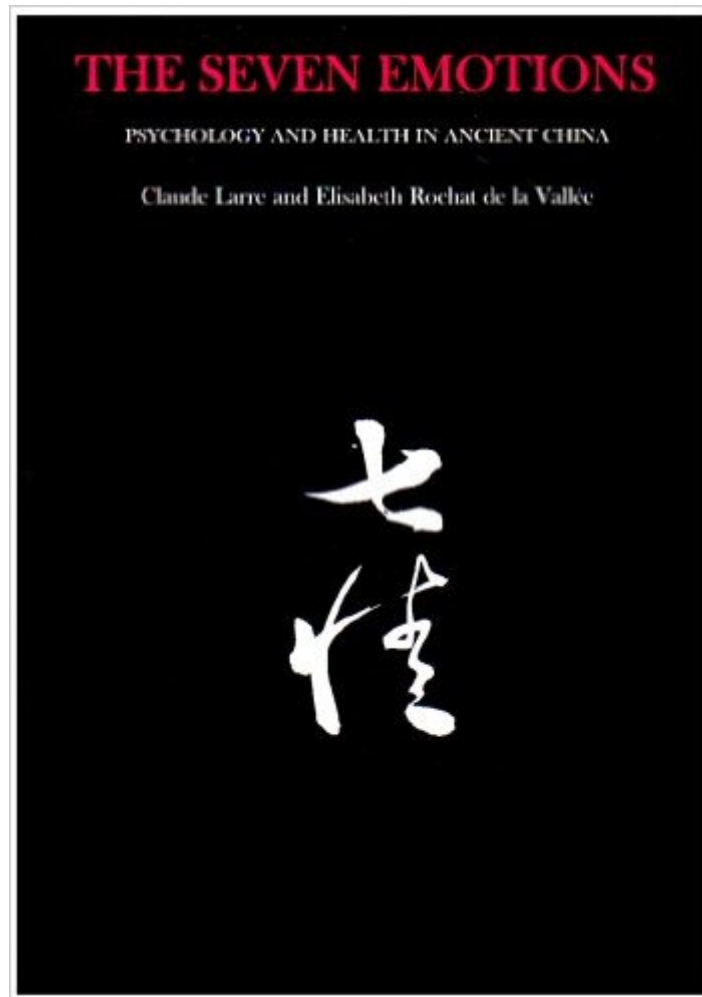


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The Seven Emotions: Psychology And Health In Ancient China



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 am so moved by the insights of Claude Larre and Elisabeth RoCHAT de la Vallée. In my experience they take a step back (that is, slowdown) to succinctly explain how the emotions impact our interdependent beingness and health. My favorite book is "Rooted in Spirit: the heart of Chinese medicine." This book, "The Seven Emotions," is very important and helpful for students and practitioners of Chinese medicine to refer to as we endeavor to assist patients in a holistic and compassionate way, using acupuncture to harmonize the organs and calm the shen so that the spirits have their residence in the Heart.

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