



Inner Bridges: A Guide to Energy Movement and Body Structure

Fritz F Smith

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An essential guide for anyone with an interest in body therapy, this book contains an exploration of the connections between Eastern and Western beliefs about health and the human body, based on the concept of energy as a fundamental force in nature. This hidden-energy theory incorporates facets of Chinese acupuncture and Hindu yoga, while establishing that Western medical knowledge validates these ancient Eastern insights. Dr. Smith explains how healthcare practitioners can access this energy through their hands, feel its existence, and see a person's response to the movements. Medical practitioners as well as patients can use this book to learn how to: -Bridge Eastern and Western belief systems -Connect Eastern Yoga and Western theories of anatomy -Bridge the physical and spiritual worlds -Diagnose illness -Communicate in the therapeutic setting -Create a healing perspective -Expanding their vision of the human body What readers are saying about this book: A visionary book . . . that will transform the reader's attitude about his body and the world around him, and raise a new image of the spirit before his eyes. — Morton Marcus, poet, novelist Inner Bridges offers a ... valuable contribution to the growing body of literature that postulates that the human body is an integrated system...Fascinating book. — Yoga Journal

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