



## Accepting Your Power to Heal: The Personal Practice of Therapeutic Touch

By Dolores Krieger Ph.D. R.N.

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Since 1972, Dolores Krieger has taught Therapeutic Touch to thousands of health professionals around the world. In *Accepting Your Power to Heal*, she now shows *all of us* how to master this powerful energetic healing practice. Krieger points out that while this is not a "miracle cure," Therapeutic Touch has proven to be safe and helpful in the treatment of a variety of conditions from PMS, headaches, burns, and bone fractures to asthma, reproductive problems, cancer, and AIDS. She encourages us to acknowledge our own innate healing abilities and provides experiential exercises to teach us the basic Therapeutic Touch techniques. The miracle, if there is one, is that we can all participate in the healing process and help our friends, partners, families, and even pets to feel better.

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### Editorial Review

#### Review

" . . . a handbook for anyone who wishes to learn and use this powerful tool. The text is clear and easy to follow. Krieger provides an explanation of the tenets of TT, how it works, and its best uses. She provides step-by-step instructions on how to center yourself and attune your consciousness to the source of healing power, how to assess energy fields, and how to affect them." (*Fate Magazine*)

"Since 1972, Dolores Krieger has taught Therapeutic Touch to thousands of health professionals around the world. In *Accepting Your Power to Heal*, she now shows all of us how to master this powerful energetic healing practice." (*Embody Magazine, October 2013*)

#### About the Author

Dolores Krieger is the bestselling author of *The Therapeutic Touch: How to Use Your Hands to Help or to Heal* and *Living the Therapeutic Touch: Healing as a Lifestyle*.

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