

THE POWER OF EMOTIONS:

Learning the Language of Emotional Energy

San Francisco, CA (January 22, 2013) — Are emotions illogical? Can they be trusted? Does happiness depend on avoiding negative feelings? Do our emotions control the quality of our lives?

Veteran naturopathic physician with thirty years' experience as an energy practitioner and teacher, Dr. Synthia Andrews lays out a guide to the emotions in her newest book, *The Path of Emotions: Transform Emotions Into Energy to Achieve Your Greatest Potential*. She leads readers to understanding and harnessing the power of emotions to help them make better decisions, heal and let go of the past, and create lives that fulfill their dreams.

Explaining why there is more to reality than our five senses reveal, the author describes how emotions are the key to mind-body communication. She teaches how to translate the language of subtle energy into useable guidance, information, direction, motivation, and vitality.

The Path of Emotions helps readers:

- Get beyond suppressing uncomfortable feelings and past trauma
- Interpret instincts and gut reactions
- Expand subtle energy awareness and increase intuition
- Identify and release emotions that are binding energy, inhibiting potential, and causing physical pain and dysfunction
- Free up and use the energy currently imprisoned in limiting emotional patterns
- Use emotions to empower intentions and manifest the life they desire

In Andrews' fascinating style, and in answer to so many of her students' inquiries, the book uses client stories, personal experiences, breakthroughs in science and ancient healing systems to showcase the emotions as part of the body's information system. She supplies a dictionary of the meaning of specific emotions, and lays out pragmatic, learned methods for releasing trapped energy and overcoming depression, anxiety and repetitious negative behavior patterns.

Overall, *The Path of Emotions* enables readers to use their new understanding of emotions to create a new life's purpose by accessing the powerful energy template of their lives.

About the Author

Dr. Synthia Andrews, ND, is a naturopathic physician with thirty years' experience as a massage and energy practitioner. She has a private practice in Guilford, Connecticut, where she combines natural medicine with energy modalities exploring the emotional and spiritual factors of health and healing.

Dr. Andrews also teaches classes and workshops, and lectures and makes media appearances around the world. She graduated from the College of Naturopathic Medicine at the University of Bridgeport, taught at Connecticut Center for Massage Therapy, and currently teaches at the Kripalu Yoga Institute and is an authorized teacher of the Jin Shin Do® Foundation. She also founded and co-directed the Shoreline Center for Wholistic Health.

Andrews is author of *The Path of Energy: Awaken your Personal Power and Expand Your Consciousness*, and she is the co-author of: *The Complete Idiot's Guide to 2012*, *The Complete Idiot's Guide to the Akashic Record* and *Acupressure & Reflexology for Dummies*

She has spoken for the United Nations, the World Genesis Foundation, and the Ambassador for Youth Program and the Inner Light Fellowship, among other organizations.

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