

Lambrou, Peter & George Pratt. **Instant Emotional Healing: Acupressure for the Emotions.**

Broadway: Bantam. 1999. c.288p. illus. bibliog. index. LC 99-36506. ISBN 0-7679-0392-7. \$25. PSYCH

Lambrou and Pratt are clinical psychologists with solid credentials, and this book is a cumulation of their research into using Eastern energy theories to heal unhealthy emotions. Their procedures, called "emotional self-management" (ESM), work for virtually any emotional issue, including pain, heartache, anger, and phobias. ESM is totally portable and offers instant relief once one gets the hang of the procedures, which include a combination of acupressure, tapping on pressure points, eye movements, and positive internal statements. This is do-it-yourself therapy. The authors are quick to point out, however, that serious clinical depression and addictions need professional intervention. Wonderfully detailed with step-by-step instructions and pictures, this book can offer a good dose of help to just about anyone. The authors' instructions are uncomplicated and their anecdotal evidence of success rates is very encouraging. Highly recommended.—
Marija Sanderling, Rochester P.L., NH