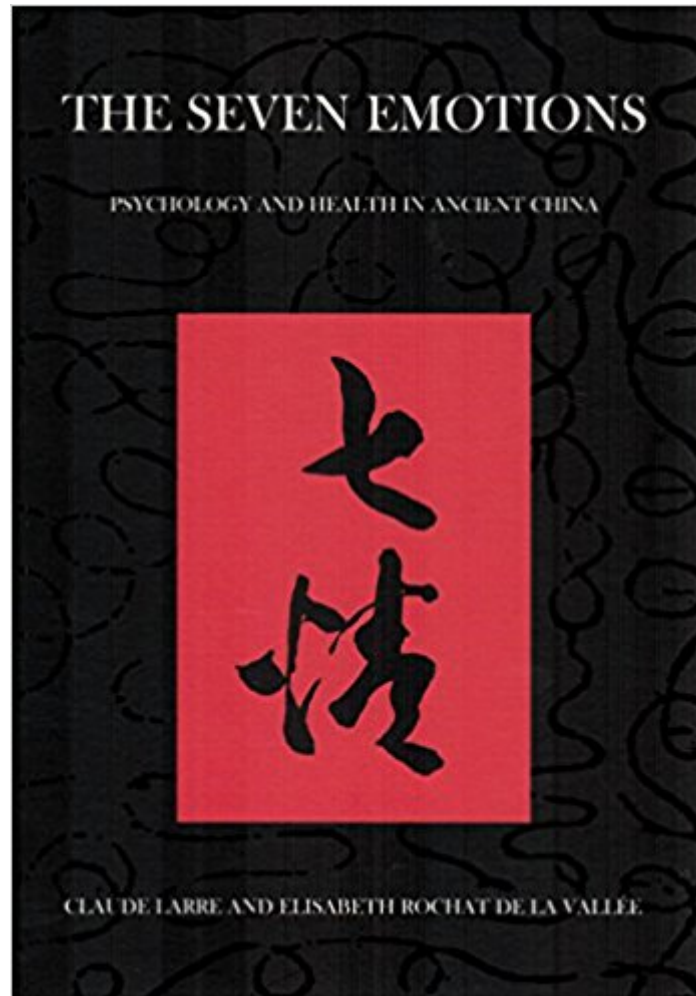




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# **The Seven Emotions: Psychology And Health In Ancient China**



## Synopsis

This book presents a study of the energetics of the emotions. Looking at classical texts each of the seven emotions of Chinese medicine is discussed in detail. The etymology of the characters is examined, pathological and non-pathological manifestations of each emotion are described, and relationships with the various zangfu are explained. With this book the clarity of classical Chinese thinking about psychology and emotion is revealed. It shows how each sensation and display of feeling involves subtle movements of the zangfu, blood and qi, and has far reaching effects on our health and well-being. An appendix gives the Chinese text and a translation. There is also an index of all main concepts.

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Coming from a background in psychology and mental health, I amso moved by the insights of Claude Larre and Elizabeth Rochat dela Vallee. In my experience they take a step back (that is, slowdown) to succinctly explain how the emotions impact our interdependentbeingness and health. My favorite book is "Rooted in Spirit: the heartof Chinese medicine."This book, "The Seven Emotions," is very important and helpful forstudents and practitioners of Chinese medicine to refer to as we endeavor toassist patients in a holistic and compassionate way, using acupunctureto harmonize the organs and calm the shen so that the spirits have theirresidence in the Heart.

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