



Body, Mind & Spirit

The Energy Cure: How to Recharge Your Life 30 Seconds at a Time

Kimberly Kingsley

New Page Books

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We are in the midst of an energy crisis, says Kimberly Kingsley, one that has nothing to do with the price of gasoline at the pump. Modern life is full of demands that leech our personal energy stores. We guzzle caffeine in the morning to rev up for a busy day and sip alcohol in the evening to unwind. We suffer from road rage, status anxiety, and sensory overload. We are amped up, plugged in, stressed out, spread thin.

Kingsley's book, *The Energy Cure: How to Recharge Your Life 30 Seconds at a Time*,* hopes to illuminate and provide solutions for this crisis.

Kingsley assures that we need not completely abandon our current lives in order to regain control of our energy. We can refill our energy stores by simply bringing an added awareness to the fundamental activities that make up our daily lives. Nearly every chapter includes an "energy tip," a simple action readers can take to immediately replenish their internal energy stores.

Writing with compassion, she tells of a paraplegic cyclist who responds to inquiries about his views on stem cell research by saying he doesn't follow the politics because he is, "too busy living and enjoying life." Stories like this inspire readers to live fully in the moment. Unfortunately, they also often give way to generalizations such as, "Purify your thoughts and see if you feel more like you've eaten a fresh apple," and "Cry your eyes out for two minutes...and experience the moment anew." What's missing from these statements is guidance and insight. How do we purify our thoughts? Can we really shed tears on demand and feel healed immediately?

The Energy Cure is, however, an affirmation that it is possible to unplug from external chaos and connect to internal peace. If it is true, as Kingsley writes near the beginning of her book, that 70—95% of visits to primary care physicians are due to stress-related afflictions, then perhaps a daily dose of internal energy work is what truly keeps the doctor away.

The Energy Cure is the second book by Kingsley, a licensed professional counselor and certified energy coach. Her first book, *Opening to Life*, taught readers to draw upon their well of internal energy for strength, wisdom and joy. (January).

Amanda Ford