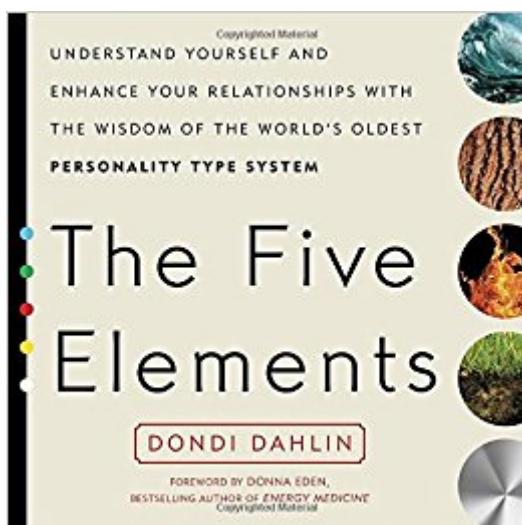


The book was found

The Five Elements: Understand Yourself And Enhance Your Relationships With The Wisdom Of The World's Oldest Personality Type System



Synopsis

The Five Elements brings the wisdom of an ancient healing system to modern readers, helping them understand themselves--why they do what they do--better. Dondi Dahlin shows us that we are all born with individual rhythms that go beyond the influence of our genes and upbringing. The five elements originated in ancient Chinese medicine over 2,000 years ago--when scholars theorized that the universe is composed of five forces: water, wood, fire, earth, and metal. Understanding these elements helps us stay in balance physically, mentally, spiritually, and emotionally. By explaining the efficacy of wood, the depth of water, the joy of fire, the compassion of earth, and the wisdom of metal, this book helps people understand themselves and form lasting connections to others, answering the age-old question of why we do what we do.

Book Information

Paperback: 320 pages

Publisher: TarcherPerigee (September 27, 2016)

Language: English

ISBN-10: 0399176292

ISBN-13: 978-0399176296

Product Dimensions: 7 x 0.9 x 7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Best Sellers Rank: #4,520 in Books (See Top 100 in Books) #14 in Books > Self-Help > Communication & Social Skills #37 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #82 in Books > Health, Fitness & Dieting > Mental Health > Happiness

[Download to continue reading...](#)

The Five Elements: Understand Yourself and Enhance Your Relationships with the Wisdom of the World's Oldest Personality Type System Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational

diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Body Language: Understand How to Read Body Language, Non-verbal Cues, Enhance your Communication and Improve your Social Skills! Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Personality Plus: How to Understand Others by Understanding Yourself Developing Your Video Poker Money Management System: How To Manage Your Video Poker Play To Enhance Your Income (or to cover your a**!) Step by Step passing the EPA 608 certification exam, including the Core, Type I, Type II, and Type III test with practice questions The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships

[Dmca](#)