



# Dragon Rises, Red Bird Flies: Psychology & Chinese Medicine (Revised Edition)

*Leon I. Hammer*

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Behind the acupuncture, herbal remedies and sophisticated diagnostics of Chinese medicine lies a “congenial system of healing that embodies unification of body and mind, spirit and matter, nature and man, philosophy and reality.” In this comprehensive and ground-breaking presentation, based on long experience as physician, psychiatrist, and practitioner of Chinese medicine, Leon Hammer offers a new model for appreciating the traditional healer’s effective and profound respect for individual integrity and energetic balance. Explaining, and moving beyond, the five phase (element) system, he shows that this Eastern practice is as much a spiritual science as a physical one. Accessible to the layman, yet a resource for the professional in any healing art, this book examines the natural energy functions of the human organism as a key to mental, emotional and spiritual health. It offers new insight into disease, showing how it is not merely an invasion from the outside, but rather a byproduct of a person’s unsuccessful attempt to restore one’s own balance.

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