

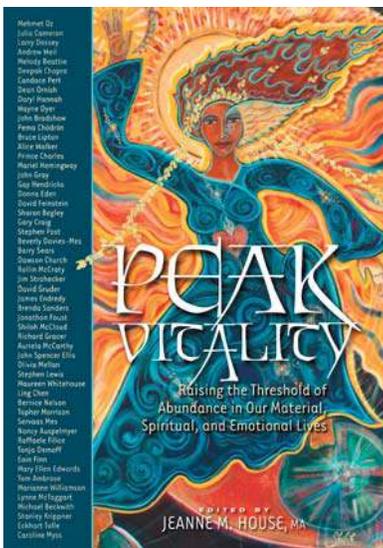
PEAK VITALITY: Raising the Threshold of Abundance in Our Material, Spiritual, and Emotional Lives

EDITED BY JEANNE M. HOUSE, COURTNEY ARNOLD, DAWSON CHURCH, RANDY PEYSER, ET AL. Elite Books, 2008, \$19.50, 509 pp., ISBN-13 9781600700132

Reviewed by Barbara D. Stahura

So many ways to transform, so little time. Bookstore shelves groan under the weight of self-help and transformational books. The Internet, television, and radio brim with information about making positive life changes. Entire magazines are devoted to health and wellness, spiritual growth, and concepts such as prosperity and consciousness. So when the time comes—and it will—to give your life a boost or a shift, or even a top-to-bottom overhaul, where do you begin? Just finding a starting place for your exploration can be a daunting task.

A new anthology might be just what you need. *Peak Vitality: Raising the Threshold of Abundance in Our Material, Spiritual, and Emotional Lives* contains fifty-four chapters of wisdom from experts in the field of personal transformation, many widely recognized and others not so well-known but no less knowledgeable. Taken together, all the chapters offer a sparkling treasure trove of information, yet any one of them could be the springboard to changing your life.



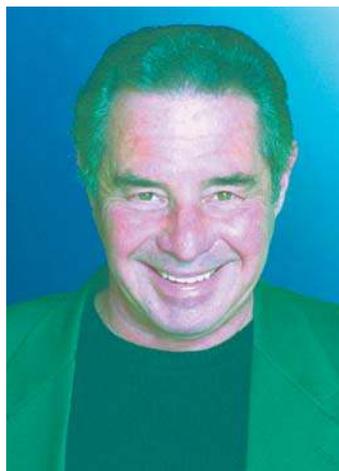
No matter how happy or satisfied we are, we might at times wonder if we could move beyond our current best to enjoy life even more—to feel more vibrant, be healthier and more energetic, express ourselves as more loving and spiritual beings, be more productive and effective.

The key to a life more vital, prosperous, and creative is one we often don't realize: We have created the lives we have, mostly unconsciously, by following patterns we absorbed as children or due to constraints imposed on us later. However, by remaining aware that we are indeed the creators of our own reality, we can consciously transform our lives and ourselves.

Peak Vitality offers many places to dip your toes in the water before deciding where to dive in. Its authors include physicians, health gurus, scientists, prosperity teachers, therapists, relationship experts, life and sports coaches, and others. The book opens by addressing the body and the emotions, and then it expands outward to relationships, life on our small planet, the new medicine and new psychology, breaking through barriers, and finally wraps it all up with the section on "Dancing with the Universe."

One of the *Peak Vitality* authors is Stephen Lewis, founder of the energy balancing method EMC2 and its technology, called AIM. Long a student of spirituality, energetic healing, and quantum energy, Lewis understood that illness arises first as an imbalance in a person's energetic/spiritual field, or Life Force, before it manifests in the physical body. Therefore, the AIM Program of Energetic Balancing

helps people to restore their Life Force to harmony—to self-heal, in other words. Lewis points out that all healing is something we do on



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the spiritual level as we direct our Life Force. It is vastly different from curing, which is something done to a person through some type of medical intervention.

"There are two things to know about self-healing," he writes in *Peak Vitality*. "First, it requires an empowering shift in our consciousness that allows us to take back our power to heal ourselves. This power may come from prayer, from meditation, or more recently from exciting new applications of technology designed to alter our own energy and create a new reality. Second, we must accept responsibility for the circumstances that caused our need for healing. Once we do that, we can ignite our own unique self-healing capabilities and alter our material world."

BARBARA D. STAHURA, MPA, Barbara Stahura has been working in the field of medical practice management since 1985.

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EDITED BY CON STOUGH, DONALD H. SAKLOFSKE, KAREN HANSEN Tertiary Press, 2006, \$70, 276 pp., ISBN 0864584616