



**[(Energy Medicine in Therapeutics and Human  
Performance)] [Author: James L. Oschman]  
published on (September, 2003)**

*James L. Oschman*

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This book brings into focus the wide variety of emerging information on energy medicine, and explores mechanisms by which mind and body processes influence the body's healing and performance potential. The author draws on information from an extraordinary range of sources - from physiology and biophysics, to examples drawn from the realms of spontaneous healing, cutting-edge athletic and artistic performance, the martial arts, and various contemplative and spiritual practices. In this book, the author focuses on the roles of electrons, electromagnetic fields, and related energetic and quantum processes, the properties of space, and consciousness itself. Both readers with no previous knowledge of this subject area and those who have studied it in some detail will find insights here which are exciting, illuminating and will directly help their own therapeutic practice and performance potential.

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