

# Jed Diamond Quotes

*Healing, Years, Men, Practice, Therapists, Pain, Energy, Heart, Stress, Wise,  
Firsts, Dream, Emotional, Issues, Sadness, Soul, Adventure, Parent, Writing,  
Family And Friends*

Energy healing is based on the supposition that illness results from disturbances in the body's energies and energy fields and can be addressed via interventions into those energies and energy fields.

~Jed Diamond

I've found that techniques and practices of energy medicine offer healings that are often quicker, safer, and more effective than many better known healing practices.

~Jed Diamond

Effective psychotherapy works because the therapist continues to grow as a person and as a healer.

~Jed Diamond

A good therapist uses their whole being to engage fully with the whole being of the person coming for help.

~Jed Diamond

Symptoms like anxiety, depression, aggression, alcohol or drug use, are responses to physical and emotional pain that has its roots in traumatic experiences from childhood and later in life.

~Jed Diamond

If you want more love in your life, you could not find a better gift to give yourself, a friend, or a lover.

~Jed Diamond

Parents and therapists offer unconditional love without needing it to be returned, yet both sides grow in love, understanding, and acceptance.

~Jed Diamond

For me, the term "psychotherapy" is limiting. It implies that we work with mind and emotions, but excludes the body and pays scant attention to the spirit, soul, and broader environmental issues.

~Jed Diamond

Psychotherapy is a practice that many different professional disciplines engage. Psychiatrists are also medical doctors and increasingly offer medication and do less and less actual therapy.

~Jed Diamond

Looking at health through a gender lens is the first step to a more helpful and personalized approach to healing.

~Jed Diamond

If you plan to read one book this year I encourage you to consider, Find Your Reason to Be Here.

~Jed Diamond

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