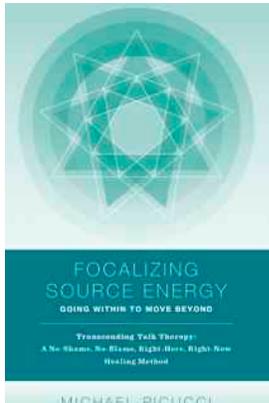


International Journal of PSYCHOTHERAPY



Focalizing Source Energy Going Within to Move Beyond

Flip past the beautiful color cover design...and dive into an intense interaction between client and therapist. Michael Picucci hits you one after the next with a total of four moving pieces, each broken into two parts: one part written from the perspective of the client, and the other written from the perspective of the therapist. This powerful introduction not only prepares the reader for what's to come next, but it allows for an understanding of why one would pick up this book to begin with. It sets a sort of let-me-take-care-of-you tone. Or even a, let-me-help-you-help-yourself type essence. Are you feeling lost, insecure, and unsure? Do you feel a disconnection between yourself and others, maybe even between your mind and body? This book is meant to lift you up and place you down right where you want to be. That much is clear just from reading the introduction.

These client-therapist sessions highlight the concept of trust in oneself and trust in others, which is also a key theme throughout the book as a whole. Understanding the importance of trust will bring readers closer to an understanding of source energy. Following the introduction is a chapter devoted entirely to source energy. For those who are not familiar with this concept, the book provides a detailed explanation covering everything from what it means to how to embody this force. Whether you're a twenty-one year old college student who's never heard the term source energy or a middle-aged therapist who's been practicing for years, this book tries to speak to you. It will speak to you in whatever way you need it in that given moment.

The next section of the book examines what blocks source energy. This information is informative and also interesting because the author pairs explanations with true stories from his own personal life. Again, this can appeal to a wide range of readers. A reader may say to himself mid-chapter, this very situation, or a similar occurrence has happened in my own life. Someone who has never experienced any situation relevant to source energy may look back after reading this book only to discover that they have. And they may know how to handle the situation in the future.

The following section describes how to awaken source energy. While this book is a great source of information, it can also serve as a self-help book. All of the pieces are laid out for the reader; it is up to them to choose whether or not to practice. From my experience, discipline is a key trait in successful source energy. The book is a quick, easy read, and packed with tons of useful methods for someone who wishes to practice awakening source energy.

A note from the author concludes the book, which is my personal favorite part. It's not simply what words the author chooses to leave his readers with, but more so the pure honesty that you can hear behind each page. This is an honest concept written by an honest therapist crafted into an honest book. And honestly, it's good.

[This is the first in a [trilogy of small books](#) by Michael Picucci.]