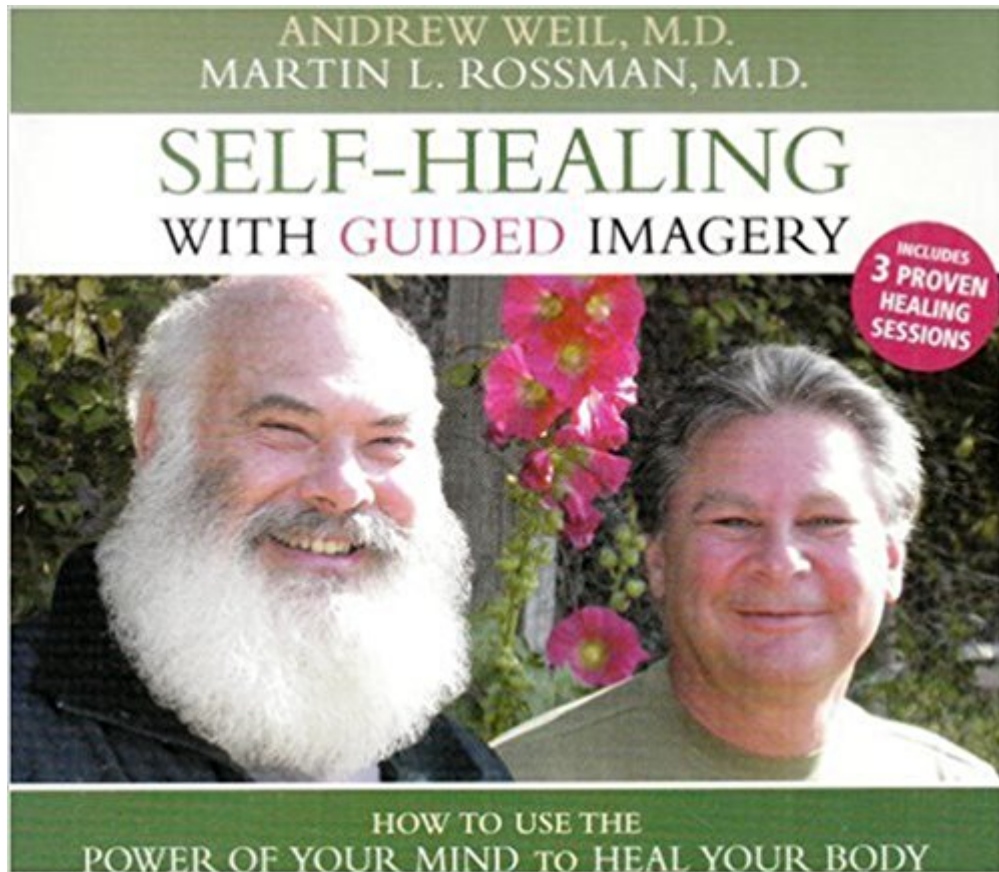




The book was found

Self-Healing With Guided Imagery



Synopsis

The verdict is in: guided imagery works. Study after medical study during the past three decades has found that the power of the mind can influence almost every major system of the body- from breathing and heart rate to digestion and immune response. On Self-Healing with Guided Imagery, Dr. Martin L. Rossman, widely considered the No. 1 expert in the therapeutic use of guided imagery, joins trusted physician and bestselling author Dr. Andrew Weil for the first time on audio to offer a concentrated course that will help you immediately experience the benefits of this effective and easy-to-learn practice. The perfect introduction to this "critical component to all healing" from two of America's most trusted doctors. Includes three complete exercises led by Dr. Rossman.

Book Information

Audio CD: 2 pages

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Product Dimensions: 5.7 x 0.7 x 4.9 inches

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Average Customer Review: 3.9 out of 5 stars 42 customer reviews

Best Sellers Rank: #68,213 in Books (See Top 100 in Books) #1 in Books > Books on CD > Authors, A-Z > (W) > Weil, Dr. Andrew #4 in Books > Books on CD > Health, Mind & Body > Fitness #12 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic

Customer Reviews

"Dr. Rossman, the earliest pioneer of mind-body imagery, is one of the great healers of our generation."

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include Spontaneous Healing and Natural Health and Eight Weeks to Optimum Health.

Not what I expected. So much of it is repeated. I was expecting stories to listen to help relax.

Wasn't what I expected. I'm new to meditating and I wanted to be guided more.

Guided imagery is something that saved my life. So good to find book by two of the original teachers.

It is an excellent guide to relaxation. It is like having your personal psychotherapist any time you want it. It helps overcome anxiety and worries and fall asleep.

I have a several guided imagery CDs of both Dr. Weil and Dr. Rossman. Great tools for relaxation and calming the mind and body. I highly recommend.

I listen to it every night

This is as close to perfection as it gets. If you are in need of healing or know someone who is, this is a wonderful way to discover meditative healing through self hypnosis. It's not as whacky as it sounds and it does work. Anything you really put your mind to can work....which is really the key for this type of healing option...

I plan to use this cd to help with pain issues in my leg and shoulder. Hopefully it'll work for me. You can give it a try and see what happens.

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