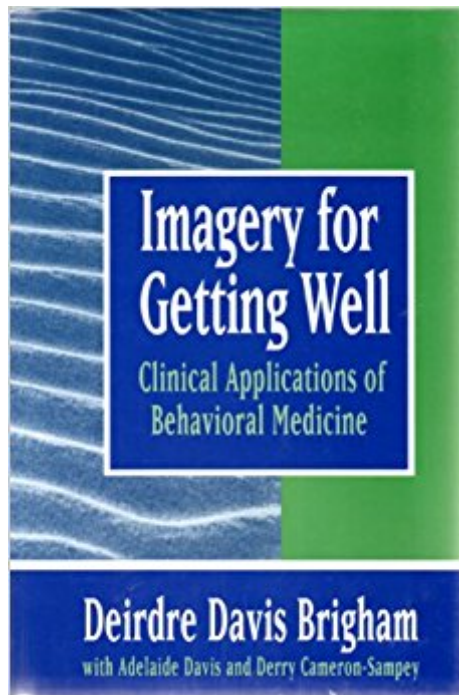




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Imagery For Getting Well: Clinical Applications Of Behavioral Medicine



Synopsis

Based on the philosophy of the 28-day "Getting Well" programme for individuals with life-challenging conditions, this handbook proposes comprehensive body-mind healing strategies, embracing the emotional, the psychological and the spiritual. The synergistic components - stress management, imagery training, group and individual therapy, play and laughter, nutrition and exercise, and much more - are explored in depth.

Book Information

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Customer Reviews

I knew the author and she was a personal friend. This book has clinical knowledge that is seldom available. Recommend for anyone in the caring industry.

This fabulous book exceeded all expectations.....truly the hands-on Bible of Psychoneuroimmunology/Behavioral applications for either professionals or those faced with life-threatening disease!

This book offers a comprehensive collection of practical strategies and case histories for anyone seeking to discover what behavioural medicine and psychoneuroimmunology can offer to a patient confronting a life threatening or 'quality of life' threatening condition. To the medical professional or therapist it is compelling and essential reading.

This book inspired me to attend the Getting Well program in Orlando founded and ran by the author, Dee Brigham, following major surgery. This book and the concepts therein summarize what is addressed during the program, and is an invaluable asset towards avoiding negative behavior and towards getting healthy again.

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