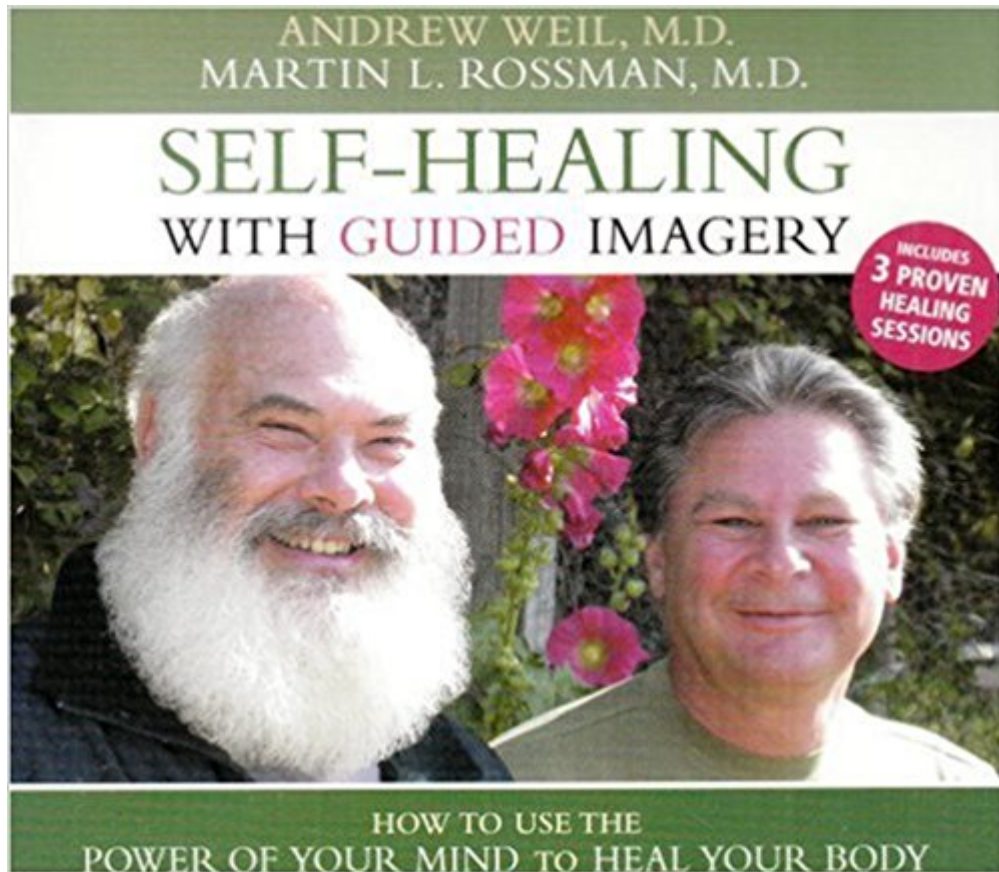




The book was found

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

Publisher: Sounds True, Incorporated; Abridged edition (March 1, 2006)

Language: English

ISBN-10: 1591791324

ISBN-13: 978-1591791324

Product Dimensions: 5.7 x 0.7 x 4.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

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.

[Download to continue reading...](#)

Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Self-Healing with Guided Imagery Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Healing Trauma: Guided Imagery for Posttraumatic Stress (Health Journeys)

PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery
Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into
Healing Series) Preparing for Surgery: Guided Imagery Exercises for Relaxation and Accelerated
Healing DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation and Affirmations
Proven to Help Induce Deep, Restful Sleep Self Love: F*cking Love Your Self Raise Your Self Raise
Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Confidence: How to
Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha
(Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Lose
Weight Hypnosis / Guided Imagery CD - Lose Weight Naturally!! A Meditaiton to Help With
Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD) Preparing for Childbirth:
Guided Imagery Exercises to Ease Labor and Delivery Your Present: A Half-Hour of Peace: A
Guided Imagery Meditation for Physical & Spiritual Wellness Crystal Healing: Simple Guide To
Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2)
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual
Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for
Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits
of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The
Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy
Healing, Crystal Healing, Chakras)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)