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— Rachel Naomi Remen, M.D., author of *My Grandfather's Blessings*

# Guided Imagery *for* Self-Healing

An Essential Resource for Anyone Seeking Wellness

- Learning Basic Relaxation Techniques
- Meeting Your Inner Advisor
- Listening to Your Symptoms
- Learning from Your Resistance
- Turning Insight into Action

Martin L. Rossman, M.D.

Foreword by Dean Ornish, M.D.



# Martin Rossman Guided Imagery

**Puja Mehta**



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