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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

Martín L. Rossman, M.D.

Foreword by Dean Ornish, M.D.



Guided Imagery For Self Healing

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Guided Imagery For Self Healing:

Guided Imagery For Self Healing Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Guided Imagery For Self Healing**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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