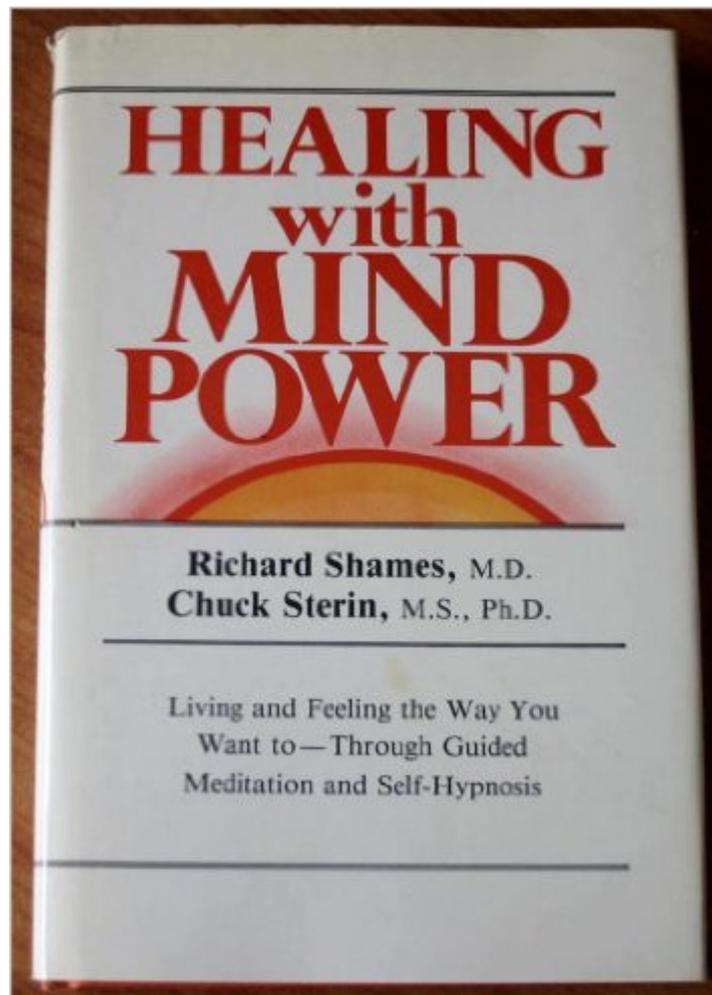


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# Healing With Mind Power: Total Health And Tranquillity Through Guided Self-Hypnosis



## Synopsis

Hardcover. Bubble wrapped and shipped in 24 to 48 hours.

## Book Information

Hardcover: 182 pages

Publisher: Rodale Pr (September 1978)

Language: English

ISBN-10: 0878572104

ISBN-13: 978-0878572106

Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 1 pounds

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## Customer Reviews

This 182 page hardcover book (Healing with Mind Power by Richard Shames, M.D. and Chuck Sterin, M.S., Ph.D.) is packed with practical and very effective advice on how to use meditation and self-hypnosis techniques to improve your total health. This text is organized into four areas: Part one covers the basic theory of self-hypnosis, hypnosis and suggestions in daily life and how hypnosis got started and became accepted. Part two gets into the technique of how to get into the hypnotic state as well as helpful hints and reassurance. Part three deals with the everyday practical uses of self-hypnosis such as stress reduction, relaxation, changing harmful habits, and other topics. The final section explains the principles behind achieving total health. I found this book to be a very informative text that promotes the holistic philosophy of health. In this respect it gives advice to cover not just self-hypnosis but other factors that also contribute to good health. If you desire to improve your total health this is a book you should check out. Rating: 4 Stars. Joseph J. Truncale (Author: Haiku Moments: How to read, write and enjoy haiku).

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