



Imagery for Getting Well: Clinical Applications of Behavioral Medicine (Norton Professional Books)

Deirdre Davis Brigham

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Based on "Getting Well in Orlando", a 28-day programme for individuals with life-challenging illness, this book proposes body-mind healing strategies. It contains synergistic components: stress management, imagery training, group and individual therapy, play, laughter, nutrition and exercise.

This book offers individuals with a life-challenging condition an alternative to traditional healing methods. This is the definitive handbook for both the behavioral medicine practitioner and the patient.

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