


[DOWNLOAD](#)


IMAGERY FOR GETTING WELL : Clinical Applications of Behavioral Medicine

By Brigham, Deirdre Davis; Davis, Adelaide; Cameron-Sampey, Derry

W. W. Norton & Co., New York, NY, 1994. Hard Cover. Book Condition: NEW. Dust Jacket Condition: New. First Edition, First Printing. BRAND NEW COPY w/removed upper corner to fEP. Elucidating field guide to various clinical applications of mind-body therapies uniquely addressed to both behavioral medicine practioners and patients. Volume clarifies use of imagery and how to design effective programs for patients with specific needs in realms of the emotional, psychological and spiritual. Exploration of synergistic components of stress management, imagery training, expressive therapies, group & individual therapy, play & laughter, nutrition & exercise, high-level awareness, and affects of therapy on the immune, endocrine, gastrointestinal, cardiovascular, pulmonary, and neurological systems. 27 chapters, rich with case studies. First Edition, First Printing.



READ ONLINE
[5.01 MB]

Reviews

The most effective pdf i possibly study. It can be rally exciting throgh reading through period of time. Your lifestyle span is going to be transform when you total reading this book.

-- **Christop Ferry**

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.

-- **Adolfo Lindgren**