



## IMAGERY FOR GETTING WELL : Clinical Applications of Behavioral Medicine

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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 progams 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.



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