



SHORTNESS
OF BREATH

The Art Of Breath And Relaxation 2 Audiocassettes

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Deep Healing Emmett E. Miller, M.D., 1996-12-01 Deep Healing brings new hope to every reader. It awakens even the most skeptical among us to the miraculous inborn self healing capacities of our mind body. Emmett Miller M.D. practicing as a traditional family doctor for 20 years discovered that when a part of your body is sick the whole body system is out of balance. He saw that how his patients thought about and saw life affected and seemed to create whatever their current state of health was. He has stated that it is not enough to heal the particular illness without understanding the emotional and psychological basis for the ailment or problem. We must heal the entire person not just a specific part. Dr. Miller has had great success with guided imagery to promote physical health and emotional well being. He has even been successful using guided imagery to do minor surgery without any anesthetic again proving the mind body connection and the control of our bodies by our thoughts. Through the presentation of stories, reflections and case studies Dr. Miller presents his wonderful deep healing theories that will instill a new sense of hope and optimism into all who read this book.

On Cassette, 1991 **Dealing with the Stuff**

That Makes Life Tough Jill Zimmerman Rutledge, 2003-09-08 Offers advice on dealing with common stress producing issues for teenage girls including body image, parents, divorce and cliques.

The Behavior Therapist, 1986 **New Woman**, 1990 **AARCTimes**, 1988 **Relaxation Theory for Rural Youth** Doris B. Matthews, 1989 **RTNDA Communicator**, 1997 **Words on Cassette, 2002** R R Bowker Publishing, 2002 **New Age Journal**, 1996 **Mind, Body, and Health** James Samuel Gordon, Dennis T. Jaffe, David E. Bresler, 1984 A look at holistic medicine covers relaxation, guided imagery, nutrition, acupuncture, pain control, childbirth and mental health.

Unveiling the Magic of Words: A Report on "**The Art Of Breath And Relaxation2 Audiocassettes**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**The Art Of Breath And Relaxation2 Audiocassettes**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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