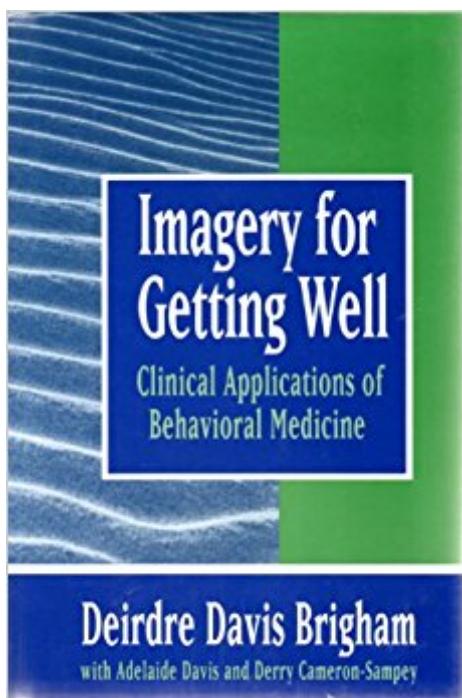


The book was found

# Imagery For Getting Well: Clinical Applications Of Behavioral Medicine



## **Synopsis**

Based on the philosophy of the 28-day "Getting Well" programme for individuals with life-challenging conditions, this handbook proposes comprehensive body-mind healing strategies, embracing the emotional, the psychological and the spiritual. The synergistic components - stress management, imagery training, group and individual therapy, play and laughter, nutrition and exercise, and much more - are explored in depth.

## **Book Information**

Hardcover: 464 pages

Publisher: W. W. Norton & Co.; 1st edition (April 1994)

Language: English

ISBN-10: 0393701697

ISBN-13: 978-0393701692

Product Dimensions: 1.5 x 6.2 x 9.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,931,503 in Books (See Top 100 in Books) #37 in Books > Medical Books > Medicine > Medical Procedure #939 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Diseases #1168 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health

## **Customer Reviews**

I knew the author and she was a personal friend. This book has clinical knowledge that is seldom available. Recomend for anyone in the caring industry.

This fabulous book exceeded all expectations.....truly the hands-on Bible of Phsychoneuroimmunology/Behavioral applications for either professionals or those faced with life-threatening disease!

This book offers a comprehensive collection of practical strategies and case histories for anyone seeking to discover what behavioural medicine and psychoneuroimmunology can offer to a patient confronting a life threatening or 'quality of life' threatening condition. To the medical professional or therapist it is compelling and essential reading.

This book inspired me to attend the Getting Well program in Orlando founded and ran by the author, Dee Brigham, following major surgery. This book and the concepts therein summarize what is addressed during the program, and is an invaluable asset towards avoiding negative behavior and towards getting healthy again.

[Download to continue reading...](#)

Imagery for Getting Well: Clinical Applications of Behavioral Medicine Imagery and Disease: Image-Ca, Image-Sp, Image-Db : A Diagnostic Tool for Behavioral Medicine How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Nutritional Foundations and Clinical Applications: A Nursing Approach, 5e (Foundations and Clinical Applications of Nutrition) Roberts and Hedgesâ™ Clinical Procedures in Emergency Medicine, 6e (Roberts, Clinical Procedures in Emergency Medicine) Clinical Ethics: A Practical Approach to Ethical Decisions in Clinical Medicine, Seventh Edition (LANGE Clinical Science) Behavioral Medicine A Guide for Clinical Practice 4/E Manual of Clinical Behavioral Medicine for Dogs and Cats, 1e Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Behavioral Game Theory: Experiments in Strategic Interaction (The Roundtable Series in Behavioral Economics) The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care (Parker, Developmental and Behavioral Pediatrics) Enhancing Behavioral Health in Latino Populations: Reducing Disparities Through Integrated Behavioral and Primary Care CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing Unraveling the Mystery of Health: How People Manage Stress and Stay Well (Jossey Bass Social and Behavioral Science Series) Albumin in Medicine: Pathological and Clinical Applications How the Art of Medicine Makes the Science More Effective: Becoming the Medicine We Practice (How the Art of Medicine Makes Effective Physicians) Alternative Medicine: Homeopathic Medicine, Herbal Medicine and Essential Oils for Total Health and Wellness Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Linne & Ringsrud's Clinical Laboratory Science: Concepts, Procedures, and Clinical Applications, 7e Clinical Application of Neuromuscular Techniques, Volume 1: The Upper Body, 2e (Clinical Applications of Neuromuscular Techniques)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help