



# Guided Imagery for Self-Healing

*M.D. Martin L. Rossman*

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## **Guided Imagery for Self-Healing** M.D. Martin L. Rossman

Using techniques he's taught to thousands of patients and healthcare professionals, Dr. Rossman presents an overview of imagery and then provides readers with specific scripts that can be used to achieve deep relaxation and healing. "As clear and pragmatic a manual as one will find on the subject." -- Library Journal

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