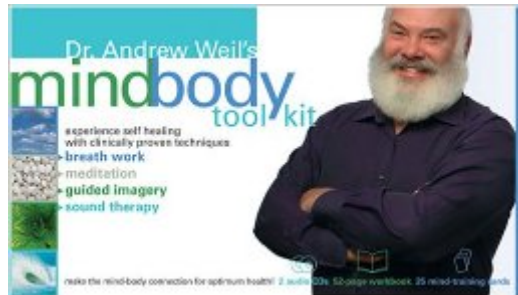


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# Dr. Andrew Weil's Mind-Body Toolkit



## Synopsis

Discover Your Own Self-Healing Powers with Mind-Body Tools from Dr. Andrew Weil. Andrew Weil, M.D. The evidence is overwhelming: you can tap the power of your mind to directly influence your health, using clinically proven tools that anyone can master. With Dr. Andrew Weil's Mind-Body Tool Kit, listeners join the best-selling author of *Spontaneous Healing* (Ballantine, 1996) along with three renowned colleagues and friends—all leading specialists in alternative medicine—to experience a potent prescription of self-healing practices. This information-packed integrative medicine chest includes an in-depth 52-page interactive workbook and 25 Mind-Training Cards designed to support a daily practice. Step by step, users will learn an empowering four-part series of mind-body techniques: Breathing? Dr. Weil reveals the master key to self healing? Meditation? Dr. Jon Kabat-Zinn introduces listeners to the oldest and most effective system for calming the mind? Guided Imagery? Dr. Martin Rossman invites us to heal the body with this effective and easy-to-learn skill? Sound Therapy? Pioneering music therapist Kimba Arem leads a complete sound-healing journey to rejuvenate and balance our physiology and mind states. Your mind can elicit a healing response when even conventional medicine has proven ineffective, explains Dr. Weil. Here are the self-healing mind-body tools to start optimizing your health today, and for the rest of your life with Dr. Andrew Weil's Mind-Body Tool Kit. Note: Includes material from *Breathing, Meditation for Optimum Health, Self-Healing with Guided Imagery, and Self-Healing with Sound and Music*.

## Book Information

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## Customer Reviews

"From coping with stress and reducing the severity of symptoms to easing chronic pain and strengthening the immune system, there's a broad range of mind-body methods that you can take advantage of and regularly use to enhance physical and mental health." - From the guidebook

In the past, traditional allopathic medicine treated illness at the symptomatic level, focusing exclusively on the physical body. However, over the last few decades, mounting evidence has shown that states of mind can influence health and healing. Now, many physicians and hospitals are using an integrative approach to medicine, factoring in the emotional, mental, and spiritual states of patients. At the forefront of the mind-body connection, publisher Sounds True has created a tool kit providing several clinically proven techniques promoting self-healing. Dr. Andrew Weil's Mind-Body Tool Kit contains two audio CD's, a 52-page guidebook introducing the four healing modalities, and 25 flash cards featuring exercises in breath work, meditation, guided imagery, and sound therapy. Teaming up with experts in their respective fields, Dr. Weil highlights the various methods for promoting overall well-being. With a run-time of 69:16, CD 1 offers six different breathing exercises demonstrated by Dr. Weil, including following your breath, beginning with the exhale, squeezing out more air, and the relaxing breath. Also featured on CD 1 is an introduction to guided meditations by nationally recognized expert Jon Kabat-Zinn, Ph.D., who describes cultivating mindfulness and loving kindness practice. With a run-time of 72:16, CD 2 introduces guided meditations and sound healing. Martin Rossman, M.D.

The mindbody tool kit is a perfect escape into relaxation. Through this kit you have instant access to breathing techniques, meditation, guided imagery and sound therapy. "For more than forty years, evidence has been mounting that states of mind can influence physical health and healing. Instead of considering the mind as separate from the physical body, research shows that interactions between the mind and body can directly affect health and treatment of illness." ~Introduction

Dr. Andrew Weil's healing audio CDs are accompanied by 25 mind-training cards and a 52 page workbook. Each card includes the CD information complete with the track you can listen to while following the instructions during a guided exercise. There is a place in the workbook to write your thoughts. A journal might also be fun to write down your experiences and mindbody journey. The 9 breath work exercises help to completely focus the attention on the breath as you breath abdominally or practice various relaxing breathing techniques. Meditation is also a focus in this tool kit and there are six meditation exercises led by Jon Kabat-Zinn, Ph.D. These cards are not only for use when you are alone in a meditation session; they also increase your awareness of your loving presence while out in the world. One is called the "lovingkindness" while waiting in line meditation.

Mindful walking and mindful eating are also ways to remain peaceful all while increasing pleasure and happiness. The five Guided Imagery sessions led by Martin L. Rossman, M.D. also include ideas for using breath.

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