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Stress, Imagination, and Relaxation - How Does Guided ...

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how the systematic use of mental imagery can have a positive influence on the course of disease and can help patients to cope with pain.

Imagery in Healing by Jeanne Achterberg: 9781570629341 ...

Imagery is creating a mental likeness to something you would like to have occur in real life; Imagery involves using all of your senses to create or recreate an experience; Using imagery can: increase feelings of personal control; break up the monotony of physical rehabilitation; potentially enhance rate of healing; Lessons from Cancer Research on Imagery

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hypnosis and imagination imagery and human development series Sep 18, 2020

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