

*Nine Guided Imagery Explorations for Healing*

# Guided Imagery *for* Self-Healing

An Essential Resource for Anyone Seeking Wellness

- ☼ Learning Basic Relaxation Techniques
- ☼ Meeting Your Inner Advisor
- ☼ Listening to Your Symptoms
- ☼ Learning from Your Resistance
- ☼ Turning Insight into Action

**Martin L. Rossman, M.D.**



# Research Into Guided Imagery Healing

**Rachel Sandford**



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