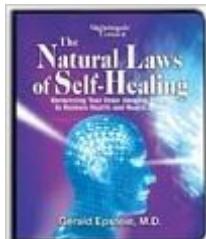


The book was found

The Natural Laws Of Self-Healing



Synopsis

The Natural Laws of Self-Healing

Book Information

Audio CD

Publisher: Nightingale-Conant Corporation (2003)

Language: English

ASIN: B000EZUVGE

Product Dimensions: 6.2 x 6 x 1.1 inches

Shipping Weight: 12 ounces

Average Customer Review: 5.0 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #1,693,898 in Books (See Top 100 in Books) #140 in Books > Law > Legal Theory & Systems > Natural Law #22266 in Books > Books on CD

Customer Reviews

Differently from many audiobooks or programs, it becomes clear that this recording was created specifically for this CD series. Dr. Epstein guides the listener through the fundamentals of mental imagery by providing his own experience, perspective as well as many exercises and real-life examples. There is small group of studio audience that interacts with Epstein occasionally, and participate with their own examples. I have found the whole program highly insightful, and actually listened to it many times. Highly recommended.

Ahead of his time. I was just sitting at a Mindfulness training today and they are recognizing all these techniques

Very informative •

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