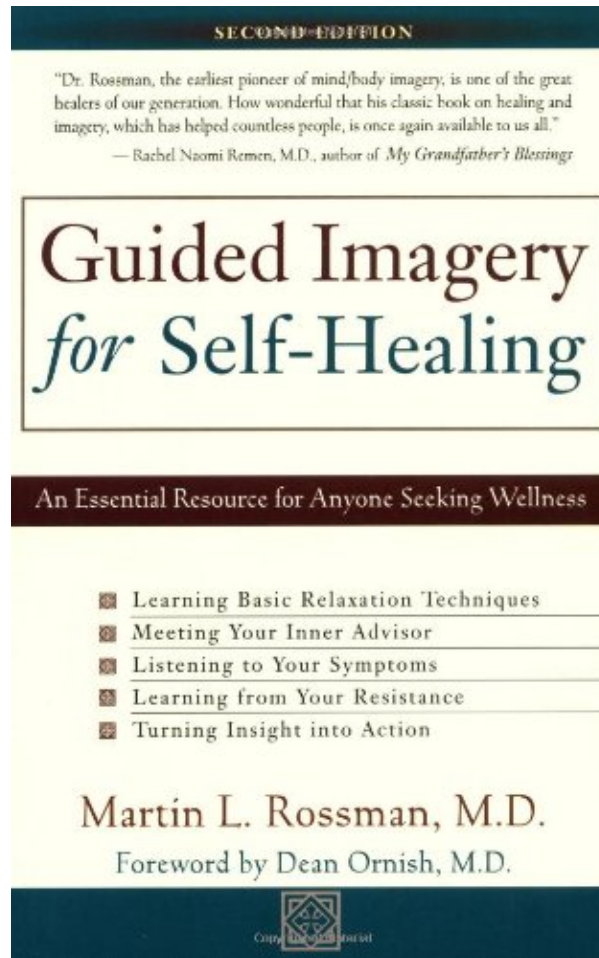


GUIDED IMAGERY FOR SELF-HEALING BY M.D. MARTIN L. ROSSMAN



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"Dr. Rossman, the earliest pioneer of mind/body imagery, is one of the great healers of our generation. How wonderful that his classic book on healing and imagery, which has helped countless people, is once again available to us all."

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Martin L. Rossman, M.D.

Foreword by Dean Ornish, M.D.



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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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Top of the list for using imagery

By Michael McKee

I'm biased. I took imagery training with Marty Rossman some years ago and found him down to earth, honest and real, as well as one exceptional practitioner of therapeutic imagery. He writes well too. I came in primed to appreciate his work as I had developed my practice from some of the same sources as Rossman and found that he had done an excellent job of integrating a number of useful techniques and placing them in a good technical context.

I have seen clients of mine use the techniques in this book to alter the course of chronic and painful conditions. I have had personal success using these techniques, too. For the years I was teaching Imagery workshops, this was the textbook I used. It generally got excellent feedback from the workshop participants.

25 of 27 people found the following review helpful.

A great book for therapists

By E. A. Everett

Since the early 70's I've looked for inner peace, and personal growth through a variety of relaxation, brain-wave and body work techniques. As a psychotherapist I've been searching for ways to help my clients relax and reach into their deeper selves in order to become healthier, happier people. Towards that end I've been buying a lot of books as well as CD's and Guided Imagery for Self-Healing is the best I've found. Dr. Rossman writes with a down to earth clarity and accessibility. His scripts are excellent; they are not too long

or overly repetitive, they do not contain negative language or complex directives, and after each guided imagery script, he suggests questions for exploring and evaluating the experience. I appreciate the way he explains the reasons for practicing relaxation and guided imagery; the way he addresses possible stumbling blocks, and the clear and practical way the book is organized. While written as a self-help book, it easily translates into an interactive endeavor. Therefore I highly recommend this book to therapists who want to integrate relaxation and guided imagery into their clinical practice.

5 of 6 people found the following review helpful.

Guided Imagery for Self Healing

By Beverly Guardino

This book, authored by Martine L. Rossmann M.D. is easy to follow with explicit instructions on how to reach your goals through guided imagery, whatever they may be.

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