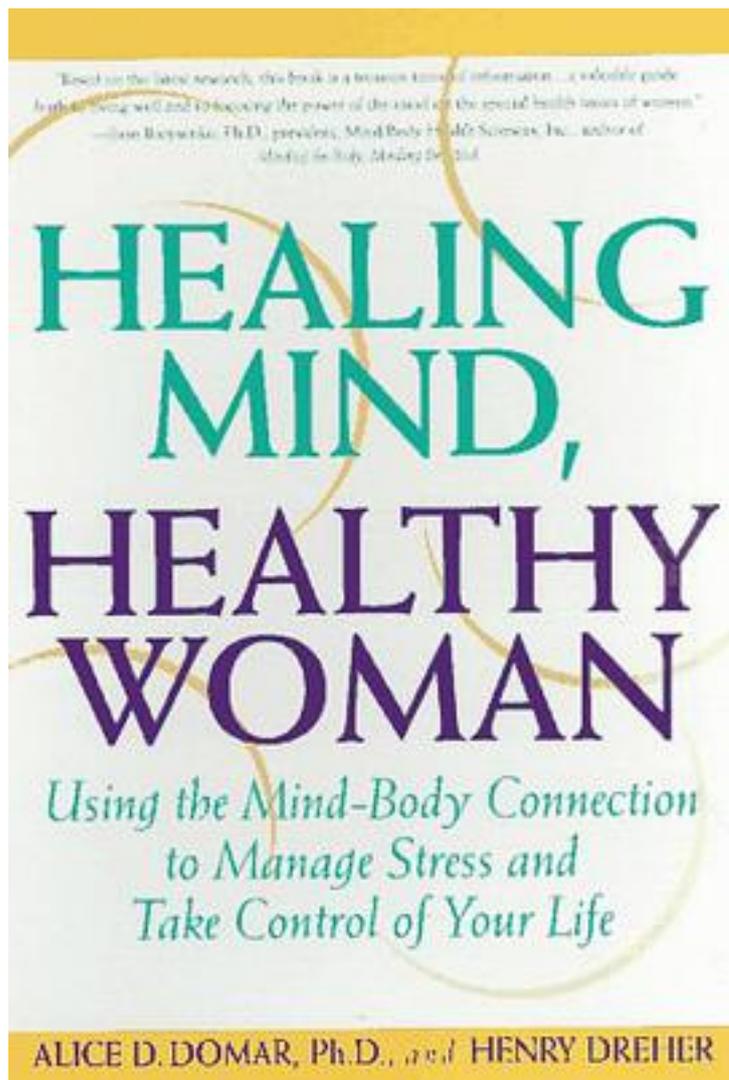


Healing Mind, Healthy Woman



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著者:Domar Ph.D., Alice D.

出版者:Bantam Dell Pub Group

出版时间:1997-8

装帧:Pap

isbn:9780385318945

An esteemed Harvard Medical School doctor who has developed relaxation methods designed to reduce stress and heal the body now applies those techniques to the seven health issues that most commonly affect women: PMS, infertility, difficult pregnancies, menopause, eating disorders, breast and gynecological cancers, and endometriosis/pelvic pain.

Dr. Domar has created an integrated program of mainstream therapies combined with mind-body relaxation techniques that works far better than either approach alone. Whether used to help women conceive, reduce both the physical and psychological symptoms of PMS, cut down on menopausal hot flashes, or improve self-esteem, Dr. Domar's methods are proven effective, and are now available to all women who want to use their minds to heal their bodies.

作者介绍:

目录:

[Healing Mind, Healthy Woman_下载链接1_](#)

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评论

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书评

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