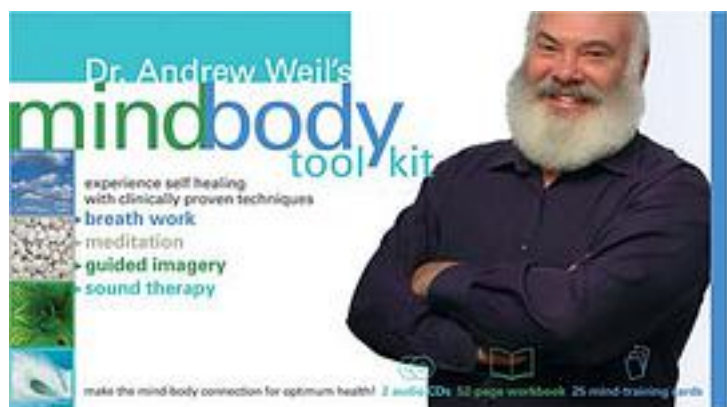


Dr. Andrew Weil's Mind-Body Toolkit



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Discover Your Own Self-Healing Powers with Mind-Body Tools from Dr. Andrew Weil. Andrew Weil, M.D. The evidence is overwhelming: you can tap the power of your mind to directly influence your health, using clinically proven tools that anyone can master. With Dr. Andrew Weil's Mind-Body Tool Kit, listeners join the best-selling author of Spontaneous Healing (Ballantine, 1996) along with three renowned colleagues and friends—all leading specialists in alternative medicine—to experience a potent prescription of self-healing practices. This information-packed integrative medicine chest includes an in-depth 52-page interactive workbook and 25 Mind-Training Cards designed to support a daily practice. Step by step, users will learn an empowering four-part series of mind-body techniques: ? Breathing?Dr. Weil reveals ?the master key to self healing? ? Meditation?Dr. Jon Kabat-Zinn introduces listeners to the oldest and most effective system for calming the mind ? Guided Imagery?Dr. Martin Rossman invites us to heal the body with this effective and easy-to-learn skill ? Sound Therapy?Pioneering music therapist Kimba Arem leads a complete sound-healing journey to rejuvenate and balance our physiology and mind states. ?Your mind can elicit a healing response when even conventional medicine has proven ineffective, ? explains Dr. Weil. Here are the self-healing mind-body tools to start optimizing your

health today, and for the rest of your life with Dr. Andrew Weil's Mind-Body Tool Kit.
Note: Includes material from Breathing, Meditation for Optimum Health, Self-Healing with Guided Imagery, and Self-Healing with Sound and Music.

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