

MINDING THE BODY MENDING THE MIND

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Minding the Body, Mending the Mind is intelligent, easy to read, experiential and in-depth, but above all, what I appreciate most is Dr. Borysenko's understanding of the human spirit and the challenges involved in the process of healing. It is this compassionate consideration that makes this a necessary read for all interested in living a happier, healthier, and more integrated life."

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Based on Dr. Borysenko's groundbreaking work nearly thirty years ago at the Mind/Body clinic in Boston, Minding the Body, Mending the Mind continues to be a classic in the field, with time-tested tips on how to take control of your own physical and emotional well-being. The clinic's dramatic success with thousands of patients -- with conditions ranging from allergies to cancer -- offers vivid

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Minding the Body, Mending the Mind focuses on the importance of the mind/body connection. The author shares her personal stories and presents examples of her patients as well. She lists many relaxation and meditation exercises and talks about the challenges you may face while trying to include these methods in your lifestyle.

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Based on the ten-week program at the Mind/Body Clinic where Borysenko is a director, MINDING THE BODY, MENDING THE MIND offers a life-changing formula of physical exercises and mental

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Joan Borysenko, one of the pioneers of the new medical synthesis called psychoneuroimmunology, narrates her best-selling book of the same name, in which she teaches you how to elicit your mind's powerful relaxation response in order to boost your immune system, overcome chronic pain, and alleviate the symptoms of stress-related illness.

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