

Imagination and Healing (Imagery and Human Development Series)

Anees A. Sheikh



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Imagination and Healing (Imagery and Human Development Series) Anees A. Sheikh The volume explores in depth the vast healing potential of a fundamental human gift. In addition to providing a historical perspective of the importance accorded to imagination in the disease and healing processes, the book furnishes theoretical, empirical, and clinical evidence of the efficacy of imagery in the healing of a wide variety of health problems including stress, pain, cancer, depression, phobias, skin disorders, and sexual dysfunctions.

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