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Deep Relaxation & Healing: 9 Guided Imagery Scripts (PDF)

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book, Guided Imagery for Self-Healing, which provides information on more recent developments in the field. Dr. Rossman has a web site of his own, thehealingmind.net, which also provides a wealth of resources for self

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ation, Imagery and Inner Healing and her audio program, Power of Presence for years. Now, weâ€™re honored and delighted to produce two of her newest guided meditations, and add her new book to our list, Yoga Nidra for ... guided imagery ; and ,, and , , Healthy Weight

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