

Healing mind, healthy woman : using the mind-body connection to manage stress and take control of your life

Domar, Alice D., author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920547921&lokasi=lokal>

Abstrak

At Harvard Medical School's Division of Behavioral Medicine, Alice Domar, Ph.D., has developed singular, scientifically sound mind-body methods for women and demonstrated their effectiveness with groundbreaking research. Thus, *Healing Mind, Healthy Woman* offers a new repertoire of therapeutic methods to two broad groups of women: those who wish to protect and enhance their health, and those who are suffering with specific health problems. *Healing Mind, Healthy Woman* first describes a spectrum of techniques for stress management and wellness for all women. Each chapter contains stories of women who have achieved remarkable success in Dr. Domar's programs. *Healing Mind, Healthy Woman* inspires readers with the message that they can use the mind-body connection to seize control of their health and well-being.