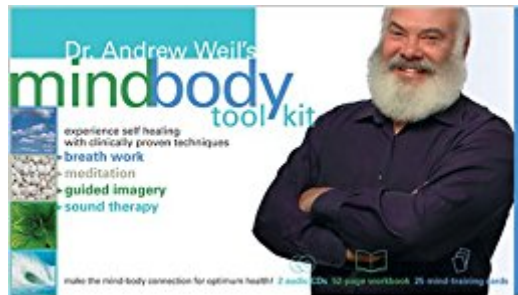




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# Dr. Andrew Weil's Mind-Body Toolkit



## Synopsis

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*.

## Book Information

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## Customer Reviews

"Gives the scoop on inhaling and exhaling your way to lower blood pressure, sounder sleep, increased energy, and less anxiety." -- Natural Health magazine, September 2006

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include Spontaneous Healing and Natural Health and Eight Weeks to Optimum Health.

After fracturing my spine and dealing with seven months of therapy, I bought Dr. Weil's Tool Kit solely for the imagery healing disk. In two sessions I had more relief from pain than I had in seven months. This is invaluable to me now. I take it everywhere with me. The sound therapy part of the disk is right for me as a music nutcake. But I would like to be able to skip some of the sounds at certain times due to time restraints. The guided meditations are too talky for me, and the breathing techniques work well, but are very basic. More of this Dr. Weil, and quick!!

I am very impressed with this kit! I already had Dr. Weil's Breathing cd, but enjoyed learning other mindfulness techniques. I use it in my personal life and work with clients in treatment for addiction.

The MINDBODY TOOLKIT is great. It comes with a work book, two cds, and flash cards. the focus on this kit is meditation and relaxation, and the work book is meant to be used in conjunction with the cds. However, once a person has read the book and gone through the cd at least once, I dont think it's necessary to use the book again except to journal. My favorite cd is the first one, since i find that doing even a few of the breathing exercises helps me relax and relieves anxiety and tension. I highly recommend this kit to newcomers to meditation as well as those who have not experienced Dr Andrew Weil's works.

This tool kit was great. I was suffering from a bizarre skin problem that had me itching all over for six weeks! I needed something to help me relax and get my mind off the itching, I used this tool kit to help relax myself so I could sleep. And it worked. Now I use it all the time. I recommend it!

Not what expected on cds - not very relaxing for me, but maybe others - Love Dr. Weil though!

Usually, I like Dr. Weil's books, but this toolkit is not worth the price and is a repeat of most of his book information. I did not enjoy the cd. It was average but did not represent the quality that I have come to expect with his work.

Needed this for a class. It is nice to have just for myself though.

I bought this for my husband to listen to in the car on a stressful drive into work and he loves it! A great purchase that I fit were a record would have been worn out by now!

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