



Healing Visualizations: Creating Health Through Imagery

By Gerald Epstein

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Dr. Epstein provides a new vision of how the mind can heal the body through the use of "imaginal medicine." His techniques for tapping into the mind's latent energy enable readers to take charge of their health and lives with surprisingly fast, positive results.

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Editorial Review

From Library Journal

Psychoanalyst Epstein became intrigued with the curative powers of mental imagery through the influence of Mme. Colette Aboukler-Muscat while in Jerusalem in 1974. Having mastered the techniques of "waking dream therapy," which postulates the unity of mind and body, he espouses visual imagery, "the thinking used for making contact with our inner subjective reality" for curing both physical and emotional problems. Much of this book contains specific instructions for evoking the appropriate imagery to cure afflictions ranging from acne to warts, and including cancer, hemorrhoids, and scoliosis. A separate chapter focuses on imagery for promoting good health. The book includes pointers for developing successful imaging techniques and will appeal to those readers interested in alternative medical practices.

- Carol R. Glatt, *Northeastern Hosp. of Philadelphia*

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Review

"An exciting, definitive book. Epstein has formulated an immensely useful catalog of visualizations. One can imagine a time in the not-too-distant future when such a book stands next to standard medical reference books in every household. A real contribution to the healing arts."

--Marilyn Ferguson, author of *The Aquarian Conspiracy*

"Dr. Gerald Epstein has rediscovered a time-honored truth--mental images can heal, just like medications or the surgeon's scalpel. *Healing Visualizations* shows us how. Here is a simple, free, and effective therapy that can change your life."

--Larry Dossey, M.D., author of *Space, Time and Medicine* and *Recovering the Soul*

"This important book exploring an ancient yet revolutionary means for self-healing offers the user an invaluable compendium of visualization practices for almost any occasion... Dr. Epstein's work in this area is ground breaking."

--Joan Halifax, Ph.D., author, anthropologist, and president of The Ojai Foundation

"Dr. Epstein draws on his own clinical experience...to urge an active role in our own health and healing through the use of mental imagery and visualization. This book is filled with helpful information, easy-to-do imagery exercises, and inspiring case studies."

--Eileen Rockefeller Growald, founder, Advancement of Health

'An extraordinarily useful and practical guide, which draws upon the most recent scientific evidence to

develop innovative optimal health practices:'

--Kenneth Pelletier, M.D., author of *Mind as Healer, Mind as Slayer*

From the Back Cover

THE COMPREHENSIVE GUIDE TO IMAGERY THERAPY FOR:

THE COMMON COLD; BONE FRACTURES;

ARTHRITIS; HYPERTENSION; HEADACHES; ASTHMA; INFERTILITY; DEPRESSION; PMS;

ANXIETY; OBESITY; AND MUCH MORE

For years it has been widely known that the mind exerts a tremendous influence on our physical well-being—often determining the difference between health and disease. In *Healing Visualizations*, Dr. Gerald Epstein, a psychiatrist and pioneer in waking dream therapy, provides a new vision of how the mind can help heal the body through the power of "imaginal medicine."

Developed over 35 years of clinical practice, Dr. Epstein's safe, potent techniques for tapping the mind's healing energy enable us to influence our own health with remarkably fast, positive results. More than seventy-five exercises cover specific health problems from common ailments such as allergies, colds, backaches, headaches, and arthritis to life-threatening illnesses such as heart disease and cancer. Each exercise takes just one to five minutes. And there are special visualizations for overall wellness that you can personalize to fit your own daily health and fitness needs.

A revolutionary and inspiring program, *Healing Visualizations* is a major contribution to understanding, restoring, and maintaining the healthful unity of body and mind.

'An extraordinarily useful and practical guide, which draws upon the most recent scientific evidence to develop innovative optimal health practices:'

--Kenneth Pelletier, M.D., author of *Mind as Healer, Mind as Slayer*

Users Review

From reader reviews:

Jesse Reid:

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different in the form of it. So , do you still thinking Healing Visualizations: Creating Health Through Imagery is not loveable to be your top checklist reading book?

Willie Grajeda:

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