



## Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs (Paperback)

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By Herbert Benson

Penguin Putnam Inc, United States, 1994. Paperback. Book Condition: New. Reprint. 188 x 107 mm. Language: English . Brand New Book. Describes methods for extending the mind's power to heal the body, relieving such complaints as headaches, insomnia, back pain, and angina.



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