

The Healing Power Of Meditation - Gabriel, S. Weiss Md

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You have an amazing capacity for self-healing. This book explains how to unlock that self-healing power by practicing meditation for a few minutes a day. This simple but deep practice can be used, for example, to reduce the adverse health consequences of stress, to treat chronic pain syndromes, or to diminish the need for medication to treat high blood pressure. Author: Gabriel, S. Weiss MD, Publisher:

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