

## Minding The Body Mending Mind Joan Borysenko

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Based on Dr. Borysenko's groundbreaking work nearly thirty years ago at the Mind/Body clinic in Boston, **Minding the Body, Mending the Mind** continues to be a classic in the field, with time-tested tips on how to take control of your own physical and emotional well-being. The clinic's dramatic success with thousands of patients -- with conditions ranging from allergies to cancer -- offers vivid proof of the effectiveness of the mind/body approach to health and its power to transform your life.

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When it was first published in 1987, this self-help New York Times bestseller by Joan Borysenko, Ph.D., catapulted the importance of the mind/body connection into mainstream consciousness. The foreword by natural health guru, Andrew Weil, M.D., introduces you to Borysenko and her comprehensive techniques for managing stress.

### **Minding the Body, Mending the Mind Free Summary by Joan ...**

Key Lessons from "Minding the Body, Mending the Mind": 1. Surrender to What Is 2. Avoid "Mind Traps" and Pursue Understanding 3. Be Creative

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Carefully documented, **MINDING THE BODY, MENDING THE MIND** is a remarkable synthesis of science, psychology, and religion. Borysenko has all the qualities one would want in a good teacher: clarity,...

### **Minding the Body, Mending the Mind Summary - eNotes.com**

From the New York Times bestselling author of **Minding the Body, Mending the Mind** comes a powerful collection of spiritual activities that we can use every day in order to create miracles in our lives. Through daily meditations and exercises, Borysenko helps us to let go of fear and realize the light of peace. **Fighting Cancer From Within**

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