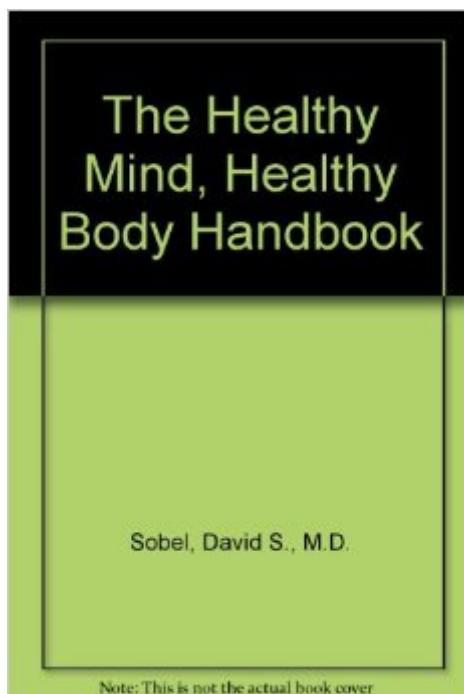


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# The Healthy Mind, Healthy Body Handbook



## **Synopsis**

A valuable new kind of prescription for health and well being. It offers easy-to-understand practical advice on improving physical health and leading a happier, more productive life. This book not only explains the important benefits of a healthy mind and body in simple, understandable language, but gives you practical ways to improve how you feel today. From how to manage stress, moods, and illness to communicating effectively, this book offers guidance that can make a positive impact on your life now and in the future. --This text refers to an alternate Paperback edition.

## **Book Information**

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Average Customer Review: 4.3 out of 5 starsÂ  [See all reviewsÂ](#) (20 customer reviews)

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## **Customer Reviews**

"A deeply practical, highly readable guide to do-it-yourself mind/body medicine. Highly recommended." -- Tom Ferguson, M.D. Author, [Health Online](#) , Medical Editor, The Millenium Whole Earth Catalog"Most highly recommended." -- Dean Ornish, M.D. Director of the Preventive Medicine Research Institute"This is a book physicians and mental health providers should recommend to their patients ... sound, sensible advice ..." -- C. Everett Koop, M.D., former U.S. Surgeon General --This text refers to an alternate Paperback edition.

David S. Sobel, MD, MPH, is a practicing physician and Regional Director of Patient Education and Health Promotion for the Kaiser Permanente Medical Care Program, a health maintenance organization. He is co-editor of [MIND/BODY/HEALTH NEWSLETTER](#) and has written seven books including [The Healing Brain](#) and [Healthy Pleasures](#) (with Robert Ornstein). Robert Ornstein, PhD, is a psychologist who has taught and done research at Stanford University, University of California

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