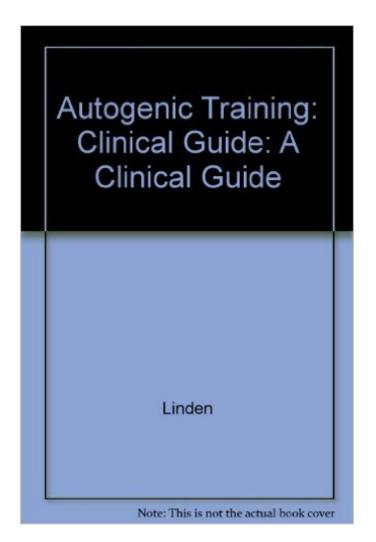
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Autogenic Training: A Clinical Guide





Book Information

Paperback: 180 pages Publisher: The Guilford Press (November 2, 1990) Language: English ISBN-10: 0898624541 ISBN-13: 978-0898624540 Product Dimensions: 0.8 x 6 x 9 inches Shipping Weight: 8.8 ounces Average Customer Review: 4.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #1,688,079 in Books (See Top 100 in Books) #56 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy #171 in Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy #5535 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry

Customer Reviews

Like most books on this subject, it shies away from being a simple manual and spends a lot of time on anecdote. However, the actual instruction is clear and easy to follow.

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