



Mind-Body-Medizin: Die moderne Ordnungstherapie in Theorie und Praxis (German Edition)

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Die Mind-Body-Medizin berücksichtigt körperliche, psychische, soziale und spirituelle Aspekte des Menschseins und stellt Ihnen die einzelnen Module und Techniken der Behandlung im Detail vor. Berücksichtigt werden u.a. die chronischen, vor allem durch Stress induzierten, Erkrankungen - bei denen eine Lebensstilveränderung häufig zum gewünschten Erfolg führt. Das Buch bietet Ihnen praktische Anleitungen zum schnellen und erfolgreichen Umsetzen im Klinik- und Praxisalltag und bezieht Aspekte gesundheitsfördernder Lebensführung und Lebensstiländerung in das therapeutische Gesamtkonzept mit ein.

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