

Autogenic Training The Effective Holistic Way To Better Health

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Autogenic training is one of the most powerful techniques ever developed for reducing stress, promoting relaxation and awakening the innate healing power we all possess, and with this practical, comprehensive book you can learn for the first time how to practise it yourself.

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Autogenic Training: The Effective Holistic Way to Better Health also gives guidance on combining autogenic training with diet, exercise and other therapies for a complete holistic health programme. Dr Kai Kermani has undertaken extensive clinical and spiritual work on Healing and Autogenics.

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effects of the therapy. It also gives guidance on combining autogenic training with diet, exercise and other therapies for a complete holistic health programme. Basic Autogenic Training-Howard Davies 2015-12-10 Autogenic Training (AT) is simple and effective system for bringing about a deeply relaxing state of mind and body.

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Autogenic training, probably one of the most powerful techniques for dealing with stress that has been developed in the West, consists of a series of simple mental exercises designed to turn off the stressful 'fight-flight' mechanism in the body and turn on the restorative rhythms associated with profound psychophysical relaxation.

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Holistic therapy is effective in addressing countless other physical and psychological concerns, from muscular aches and pains to hormonal imbalances, to improved sleep and mental clarity. As well as being deeply relaxing and providing relief from the everyday stresses, holistic therapy treatments can also be a treat for individuals who enjoy pampering themselves.

~~What is holistic therapy?—Therapy Directory~~

Kermani Dr K, 'Autogenic Training – The Effective Holistic Way to Better Health', Kai Kermani, 2010 ISBN 978 0 285 63322 3 Lindemann Dr H, 'Relieve Tension the Autogenic Way', Peter H Wyden, New York, 1974 Linden Dr W, PhD, 'Autogenic Training – A Clinical Guide', Guilford Press, 1990

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