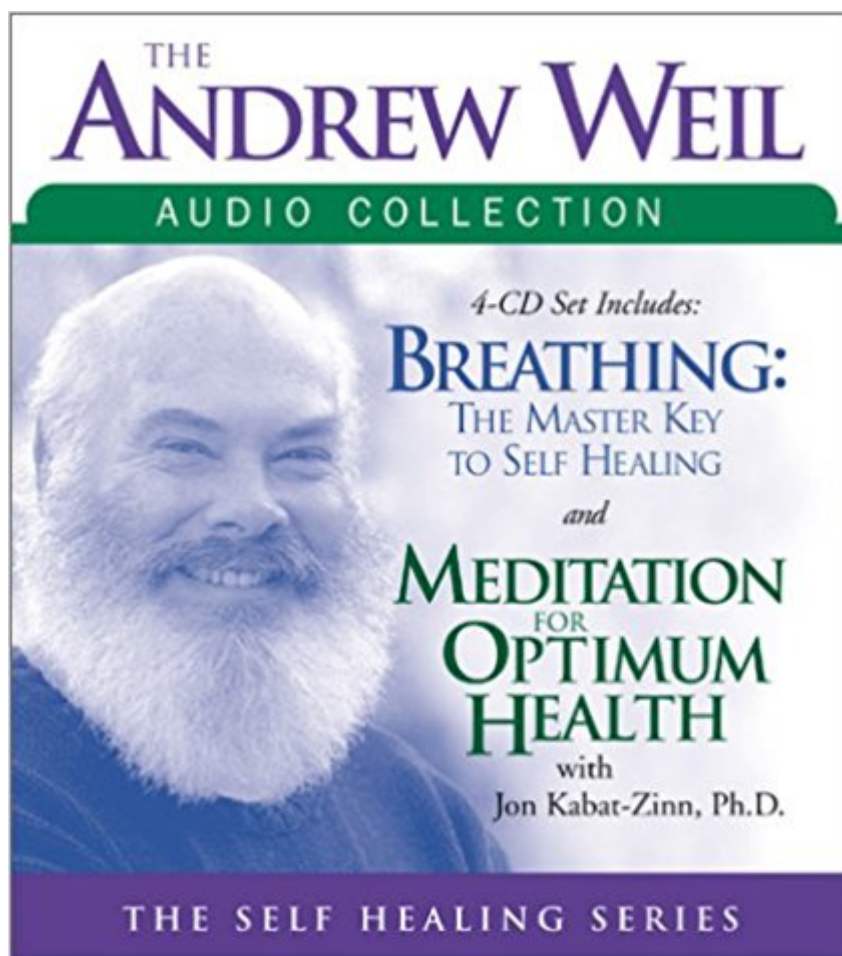


The book was found

The Andrew Weil Audio Collection (Self Healing)



Synopsis

Join bestselling author Dr. Andrew Weil for these helpful housecalls on audio, and get the information you need to improve your health, safely and naturally. The Andrew Weil Audio Collection includes these two insightful sessions: *Breathing: The Master Key to Self Healing* - A complete course of eight breathing exercises that Dr. Andrew Weil uses in his own life, and has prescribed to hundreds of patients over the past two decades. Useful for increasing your energy level, lowering blood pressure, improving circulation, and beating anxiety disorders. *Meditation for Optimum Health*, with Jon Kabat-Zinn, Ph.D. - Dr. Weil and Dr. Jon Kabat-Zinn make it simple to enjoy the life-changing benefits of meditation. By learning to concentrate your power of attention through daily practice, you can harness the full potential of your mind to enrich every dimension of your daily experience. Step-by-step instructions cover four complete meditations.

Book Information

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Customer Reviews

Andrew Weil, one of America's best known advocates of alternative medicine and holistic healing, attended Harvard Medical School. He has worked for the National Institute of Mental Health and the Harvard Botanical Museum. He is the founder of the Program in Integrative Medicine at the University of Arizona Health Sciences Center and Associate Director of the Division of Social Perspectives in Medicine, University of Arizona. Weil's books include *Spontaneous Healing* and *Natural Health* and *Eight Weeks to Optimum Health*.

I really like that this book tells you what TO do instead of what NOT to do. It doesn't say "don't eat carbs" or "don't eat fat". Instead, it says "eat broccoli", "eat salmon", and "eat soy protein". It doesn't say "do 50 pushups", it says "spend a few minutes walking" and "spend a few minutes observing your breath". It offers a few suggestions that are unconventional ("ignore the news for a few days"), but very helpful. It starts very simple and slow, and it adds a few small steps every week. So it's a very manageable way to build some good habits, particularly if you are starting from the absolute beginning. I don't know how much science there is behind certain things, especially some of the supplements. Do I really need to eat ginger root every week? I don't eat it regularly now, but it was easy enough to try it once. Dr. Weil uses a lot of anecdotal "evidence" to make his points, but that's OK. It's an easy plan to implement, and if something doesn't work for you, there's nothing saying you have to do it forever. Try it once, and then choose what works for you and what doesn't. I did lose a substantial amount of weight during my eight weeks, even though this book isn't necessarily intended as a weight loss plan. Whether you are trying to lose weight or not, you will build some very good habits, and you will feel better about yourself right off the bat. If nothing else, it will make you think about how you eat, how you exercise, and how you medicate. I don't view this as a plan to cure disease or even to lose weight, but rather as a foundation for a better everyday lifestyle. This is a great launching pad to healthier living, especially if you have no idea where to start.

I have several of his books and each and every one is a treasure of wealth on health...I read and re-read to remind myself of what I need to be doing all the time...He's really steered me in the right direction of well being...

This book is good and supplies information that could transform your life. Each chapter builds on the previous one and by the 8th week, if the information is practiced, new and good health habits will result. I'm still working on it, though, and hope to continue to improve my health.

This is an excellent book and I would recommend it to anyone really desirous of taking charge of their health.

I read this book years ago and decided to reread it. Following the advice is hard but worth it. Definitely a must read for all of us wanting to better our lives.

Very insightful book with a lot of meaningful stories. Wouldn't mind expanding a little more on details

here and there. I liked a lot of the areas around habits.

I am reading it for the 3rd time as part of a refresher program for my nutrition studies. It is just as good as it was the first time I read it. The advice is still relevant and right on point if you want to turn poor health around. It is clear and precise and written for the common man to understand. Enjoy.

live your life by it. handy reference guide in the rear for stores, and herbal remedies. great tips for making your home healthier, cooking better, and changing the little things.

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