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Autore	McDermott Ian
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Sommario/riassunto	<p>What is health? It is more than not being ill-good health is a state of physical and mental well-being. Our thoughts and feelings affect our physical health. NLP studies the way out thinking can influence our health.</p> <p>What is health? It is more than not being ill-good health is a state of physical and mental well-being. Our thoughts and feelings affect our physical health. NLP studies the way out thinking can influence our health.</p> <p>This audio CD tells you how to: recognize and deal with worry and stress, become calmer, change your emotional state so you are more resistant to illness, deal with insomnia, start to create the healthy future you want. This CD includes practical, guided exercises to help you bring your mind and body into harmony.</p>