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Sommario/riassunto	The human mind can have an extremely powerful and positive effect on the healing process of the body. In other words, your attitude, how you think, the images in your mind, and how you deal with the stress of life can either speed up or slow down the healing process. This program is designed to help you develop a deeply relaxed state of mind that can help support and initiate the biological activities of the cells in your body that are central to the healing response. The purpose of this program is to teach you how to use Dr. Miller's mind-tools and how to use them effectively to deal with the current challenge to your health. It will also show you effective stress management skills that can serve you in many different areas of your life. Moreover, it will help you to develop a more positive mental attitude, and how to use positive emotions to inspire and empower your immune system (your white blood cells).