

1. Record Nr.	UNINA9910155582203321
Autore	Miller Emmett
Titolo	Optimizing radiation therapy : Deep relaxation, guided imagery, music, self-healing. // Emmett Miller
Pubbl/distr/stampa	Solon, : Better Listen, 2016
ISBN	1-61544-835-7
Edizione	[Unabridged.]
Descrizione fisica	1 online resource (1 audio file) : digital
Classificazione	OCC000000
Altri autori (Persone)	MillerEmmett
Soggetti	Nonfiction New Age
Lingua di pubblicazione	Inglese
Formato	Audiolibro
Livello bibliografico	Monografia
Note generali	Unabridged.
Sommario/riassunto	Optimizing Radiation Therapy is designed to help maximize the effectiveness of radiation treatment while minimizing or eliminating any side effects. As you listen, learn to use the power of focused concentration, guided imagery, deep relaxation and other mind-tools to manage the reactions and responses of your body. In addition to reducing side effects, you will focus upon directing the radiation you receive towards the disease cells instead of to your healthy cells.