Self Development Cassette

Deep Relaxation & Guided Imagery

# OPTIMAL PERFORMANCE



DEVELOPED AND PRODUCED BY

Emmett E. Miller, M.D.

## **Optimal Performanceaudio Cassette By Miller Emmett E**

**Gerald McKee** 

## **Optimal Performanceaudio Cassette By Miller Emmett E:**

**Deep Healing** Emmett E. Miller, M.D., 1996-12-01 Deep Healing brings new hope to every reader It awakens even the most skeptical among us to the miraculous inborn self healing capacities of our mind body Emmett Miller M D practicing as a traditional family doctor for 20 years discovered that when a part of your body is sick the whole body system is out of balance He saw that how his patients thought about and saw life affected and seemed to create whatever their current state of health was He has stated that it is not enough to heal the particular illness without understanding the emotional and psychological basis for the ailment or problem We must heal the entire person not just a specific part Dr Miller has had great success with guided imagery to promote physical health and emotional well being He has even been successful using guided imagery to do minor surgery without any anesthetic again proving the mind body connection and the control of our bodies by our thoughts Through the presentation of stories reflections and case studies Dr Miller presents his wonderful deep healing theories that will instill a new sense of hope and optimism into all who read this book How to Stav Cool, Calm & Collected when **the Pressure's on** John E. Newman, 1992 Presents a plan for choosing how to destroy stress On Cassette ,1991 New Words on Cassette, 2002 R R Bowker Publishing, 2002 **Imagery in Sports and Physical Performance Age** ,1983-08 Anees A. Sheikh, Errol R. Korn, 1994 Focuses on the use of imagery in sports This work features contributors who are experts in their area and together they have assembled the most relevant data produced by research and offer practical suggestions Cosmopolitan Helen Gurley Brown, 1985-10 Directory of Spoken-word Audio Cassettes Gerald McKee, 1983 Directory of Spoken-word Audio Cassettes, 1983 Opening Your Inner "I" Emmett E. Miller, 1991

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