



The Light of Day: A Mindbody Approach to Overcoming Seasonal Affective Disorder (Paperback)

By Lawrence Hayes

Trafford Publishing, Canada, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Enjoy relief from seasonal affective disorder today. Overcome the unwelcome effects of light-deprivation. Learn how to combine light therapy and hypnosis. Feel well anytime throughout the year. Dispelling some common misconceptions, Lawrence explains how to recognize light-deprivation and presents a simple, safe and effective program to feel better sooner than you imagine possible. Learn the subtle differences between hypnosis self-hypnosis and how to use it to empower your personal agenda. Get access to resources to sustain you in your recovery.



READ ONLINE
[2.91 MB]

Reviews

This publication could be worthy of a study, and superior to other. it was writtern extremely perfectly and beneficial. I am just easily could possibly get a delight of reading through a published pdf.

-- Prof. Bernie Torphy

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.

-- Dayne Johns