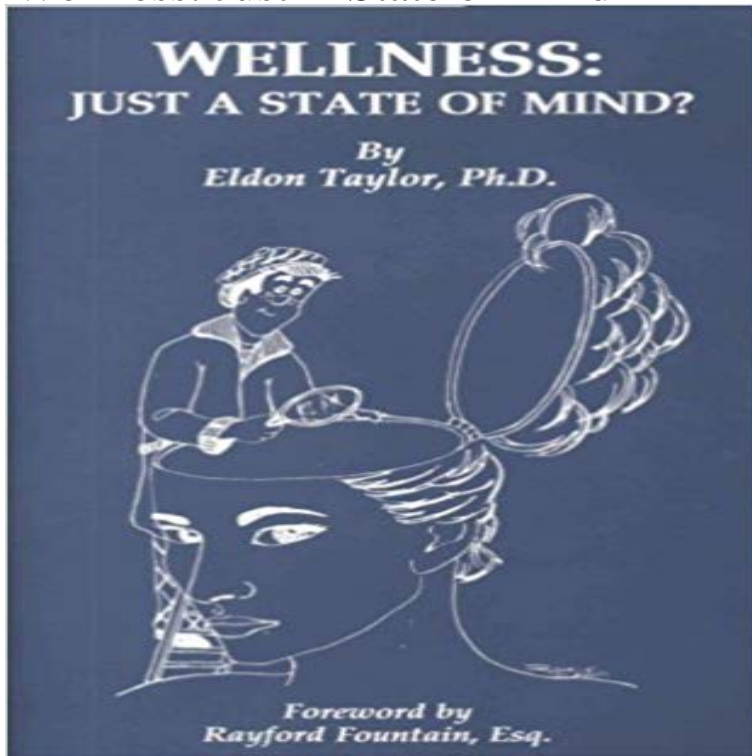


Wellness: Just A State of Mind



Welcome to the intriguing world often referred to as the mind-body connection. Recent developments in science have clearly demonstrated that the old notions of the body functioning somehow automatically and independently of the mind, attitudes, emotions, personality characteristics and so forth are untrue. The fact is the mind plays a significant role in wellness and even in physical characteristics. For example, did you know that some multiple personality patients change their blood sugar chemistry or eye color as rapidly as a snap of the fingers? Whether its a matter of staying young, fit and healthy or recovering from a so-called terminal dis-ease, the mind is without a doubt an important player in the ultimate outcome. Join Eldon Taylor in his search for the mind-body connection and discover how much control you have over your own state of health. Learn how to care for and improve your wellness with proven mental techniques. Eldon Taylor is an award winning, New York Times best selling author of over 300 books, and audio and video programs. He is the inventor of the patented InnerTalk technology and the founder and President of Progressive Awareness Research. He has been called a master of the mind and has appeared as an expert witness on both hypnosis and subliminal communication. Eldons many personal experiences prompted both the nature of his education and his relentless enquiry into the realms of mind-body wellness, or what is professionally termed, behavioral medicine or psychoneuroimmunology. Using the discoveries discussed in this book, he has aided in many reversals of terminal conditions and has been successful with clients where traditional methods did not seem to provide the answer. Wellness: Just a State of Mind? is an easy and fun filled journey through the world of self-healing. It is perfect for the person who is totally

new to the mind-body connections and also serves as an invaluable reminder to those who are well versed in this information.

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