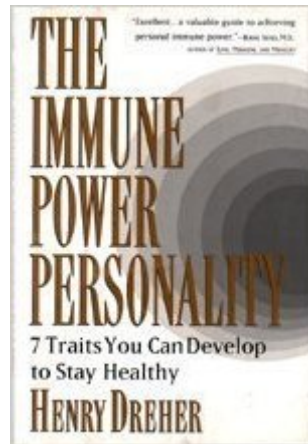


The book was found

The Immune Power Personality: Seven Traits You Can Develop To Stay Healthy



Synopsis

A groundbreaking program, based on the latest scientific research, describes seven traits associated with immunity, showing how to strengthen these traits to build up the mind-body connection for better health. 20,000 first printing. Tour.

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,297,234 in Books (See Top 100 in Books) #175 inÂ Books > Parenting & Relationships > Family Health #137727 inÂ Books > Health, Fitness & Dieting

Customer Reviews

I've always loved this book and have read it a few times. What's cool about this book is that it is so understandable and useful to the everyday person while including ample reference to research supporting the "traits" and the "preventive" strategies suggested. It's also intriguing enough to hold the attention of the average mental health professional. If you have any interest in learning more about the "mind-body" connection and how you can use it to your advantage, check out this book!

This was a great find. It is a fascinating book about the science of mind-body connection, but also a very practical helpful book with exercises and advice that cut much deeper than most of the mind-body books I've read. The scientists discussed are all intriguing characters. Real science, real info on how to enhance your emotional life and immune system at the same time. I can already tell it is helping me with many issues and health problems associated with my immune system. The 7 Traits for immunity are all right on--I was most intrigued by the work on confiding, assertiveness, and self-complexity. A terrific read.

This is actually a great book. Recent medical discoveries are depicted in lay terms, easy to read and, yes, even groovy. For example, one medical study showed that a 20-minute journal writing

exercise, done daily, helped people's immune systems. And Mr. Dreher instructs you how to do it all at home. Following the exercises will help your health, I should think, and certainly your mental help. Fun, but serious; good for inner healing.

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