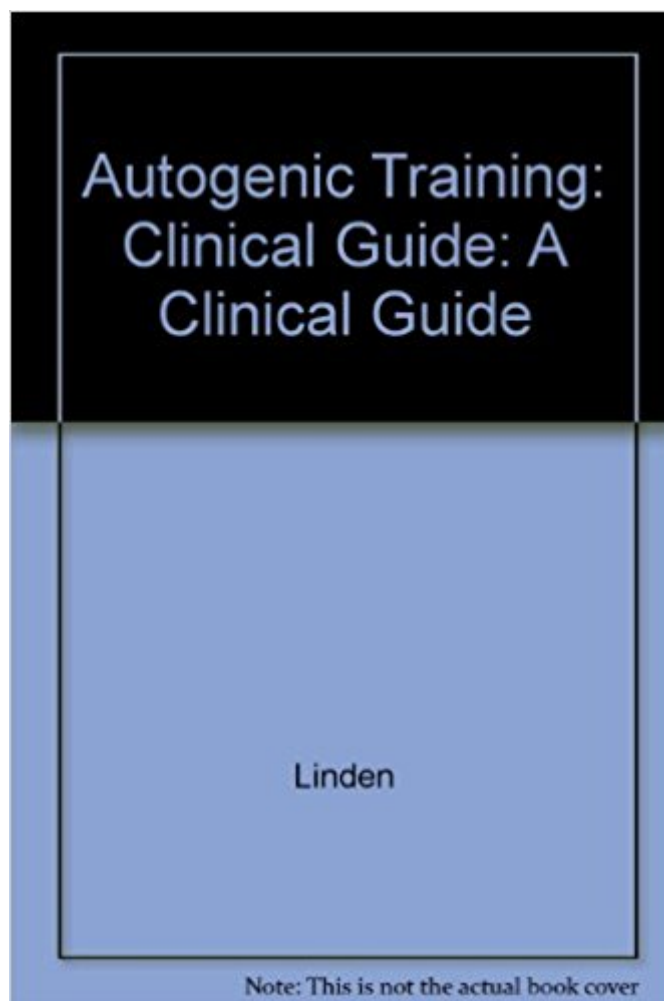


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Autogenic Training: A Clinical Guide



Book Information

Paperback: 180 pages

Publisher: The Guilford Press (November 2, 1990)

Language: English

ISBN-10: 0898624541

ISBN-13: 978-0898624540

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

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Customer Reviews

Like most books on this subject, it shies away from being a simple manual and spends a lot of time on anecdote. However, the actual instruction is clear and easy to follow.

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