



# Handbook of Mind-Body Medicine for Primary Care

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# Handbook of Mind-Body Medicine for Primary Care

## Handbook of Mind-Body Medicine for Primary Care

The Handbook of Mind-Body Medicine for Primary Care introduces an evidence-based mind-body approach to the medical and behavioral problems of primary care patients. Evidence-based mind-body practice draws on the best available scientific research, advocating the integration of well-documented mind-body therapies into primary health care. The handbook summarizes current mind-body practice and provides an overview of the basic techniques, including biofeedback, neurofeedback, relaxation therapies, hypnotherapy, cognitive-behavioral therapies, acupuncture, and spiritual therapies. The editors also thoroughly demonstrate the application of these techniques to common disorders such as headache, chronic pain, and essential hypertension, as well as anxiety, depression, chronic fatigue syndrome, fibromyalgia, and sleep disorders.

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