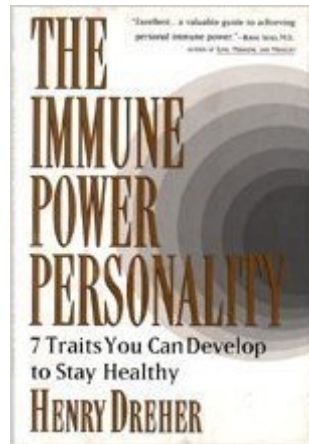


The book was found

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

Hardcover: 367 pages

Publisher: Dutton Books; First edition (April 1, 1995)

Language: English

ISBN-10: 0525938389

ISBN-13: 978-0525938385

Product Dimensions: 1.5 x 6.5 x 9.2 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

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

[Download to continue reading...](#)

The Immune Power Personality: Seven Traits You Can Develop to Stay Healthy Great Source Write Traits: Books, Lessons, Ideas for Teaching the Six Traits at the Middle and High Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Yes! You Can Stay Young And Healthy Forever At No Cost And Without A Diet. Lecture 119, Dirasaat 1969: Just Use The Power of Your Mind. Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Psychic: Its Meaning and History. Are You Psychic Or Have ESP? How can You develop Your Abilities? (Psychic, Clairvoyant, ESP, Mind Reading) Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fourth Edition Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Splitsville: How to Separate, Stay Out of Court and Stay Friends Too Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Theories of Personality (PSY 235 Theories of Personality) Help! I Am In Love With A Narcissist: Narcissistic, Narcissistic Personality Disorder, Sociopath (Manipulation, Personality Disorder, Recovery Advice, Breaking Up) Personality-Guided Forensic Psychology (Personality-Guided Psychology) Handbook of Cross-Cultural and Multicultural Personality Assessment (Personality and Clinical Psychology Series) Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath) Avoidant Personality Disorder: The Ultimate Guide to Symptoms, Treatment, and Prevention (Personality Disorders)

