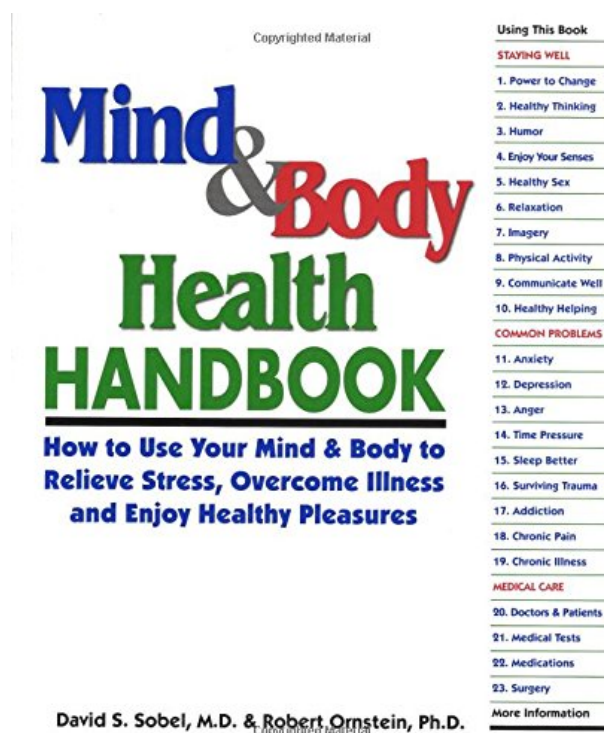


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Mind & Body Health HANDBOOK

**How to Use Your Mind & Body to
Relieve Stress, Overcome Illness
and Enjoy Healthy Pleasures**

David S. Sobel, M.D. & Robert Ornstein, Ph.D.

Using This Book

STAYING WELL

1. Power to Change
2. Healthy Thinking
3. Humor
4. Enjoy Your Senses
5. Healthy Sex
6. Relaxation
7. Imagery
8. Physical Activity
9. Communicate Well
10. Healthy Helping

COMMON PROBLEMS

11. Anxiety
12. Depression
13. Anger
14. Time Pressure
15. Sleep Better
16. Surviving Trauma
17. Addiction
18. Chronic Pain
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20. Doctors & Patients
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Review

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The challenging demands of daily life can be overwhelming and can make achieving better health a difficult goal for all of us. But by reading this book, you will find information and guidance that can be easily applied to everyday living -- bringing benefits to your life right now and over time.

By reading this book you can make a commitment to a healthy mind and healthy body. I know you will turn to these pages again and again for insight and inspiration.

Because no prescription is more valuable than knowledge.

Sincerely, C. Everett Koop, MD Medical Director TIME LIFE MEDICAL

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