

# **Minding The Body Workbook (Treatments That Work)**

**By Jason M. Satterfield**



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strong evidence has been gathered for the benefits of mind-body therapies, Acupuncture may be useful as an accompanying treatment for many pain-related

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What is the mind-body connection? Ultimately mind-body and body-mind therapies are interrelated: the body affects the mind, which in turn impacts the body

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