



Autogenic Training: A Mind-Body Approach to the Treatment of Chronic Pain Syndrome and Stress-Related Disorders (Mcfarland Health Topics)

By Micah R. Sadigh, Elaine A. Moore

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This book presents practitioners with a concise exploration of autogenic technique and its clinical use, especially in treating those suffering from chronic pain syndrome.

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Editorial Review

Review

Reviews of the first edition: "A well-researched and detailed clinical guide, Autogenic Training is a valuable resource for anyone who works with chronic pain patients." --Journal of Pain & Palliative Care Pharmacotherapy

"Autogenic Training has much to recommend it. Micah R. Sadigh has written a book that offers a promising treatment for a difficult to manage illness and it is a book that is so skillfully written it is a joy to read." -- Townsend Letters for Doctors and Patients

"Sadigh provides a comprehensive guide to autogenic training's uses in treating fibromyalgia and chronic conditions." --Midwest Book Review

About the Author

Micah R. Sadigh, Ph.D., is professor of psychology at Cedar Crest College in Allentown, Pennsylvania. He is a diplomate in Franklian Psychology/Existential Analysis, and holds membership in the American Psychological Association, the Academy of Psychosomatic Medicine, and the American Psychosomatic Society.

Elaine A. Moore has worked in hospital laboratories for more than 30 years, primarily in immunohematology and toxicology. She is a freelance medical writer and laboratory consultant.

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