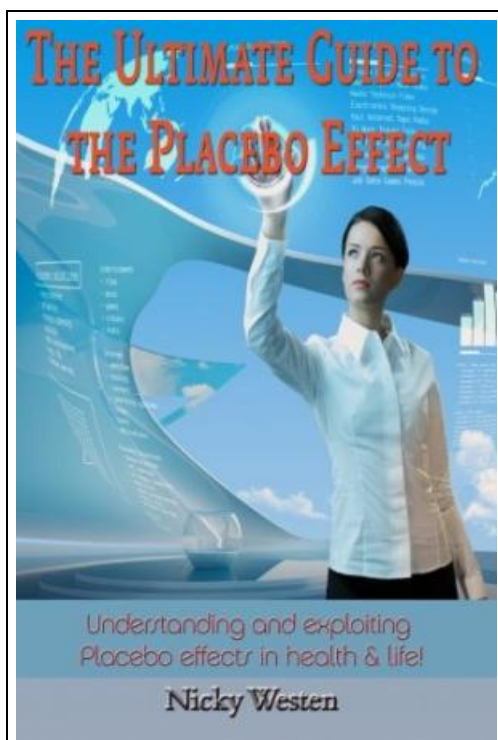


## The Ultimate Guide to the Placebo Effect: Understanding and Exploiting Placebo Effects in Health Life! (Paperback)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Researchers are fascinated with the brain s ability to manipulate the body s physiology in such a manner to effect powerful results. In fact, the placebo effect is becoming a stronger treatment than drugs such as Prozac. This book will not only explore the health aspects of Placebo, but also its daily and practical applications in the other facets of life to give you phenomenal outcomes! ===== TABLE OF CONTENTS ===== What is the placebo effect? Types of Placebos Real World Example Of Diet Placebos Examples of the placebo effect on physiology Dream of Placebo The Power of Meditation Be A Monk Visualize Athletic Prowess Weight Loss The Placebo Effect and Concentration The Placebo Effect and Mental Illness Mental Illness over Matter Nocebo: The Negative Effect Voodoo, Who Knew? Does the power of suggestion make real medicine obsolete? Suggestion Rules Types of Healing Benefits of the Placebo Effect Reduction of Anxiety Key to the Chemical Ignition The Healing from Fake Surgery Five Ways to Benefit From Placebo Effect in Your Daily Life Be More Productive Don t Worry, Be Happy Get Fit Get An Early Start Write The Great American Novel Fact or Fiction.



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