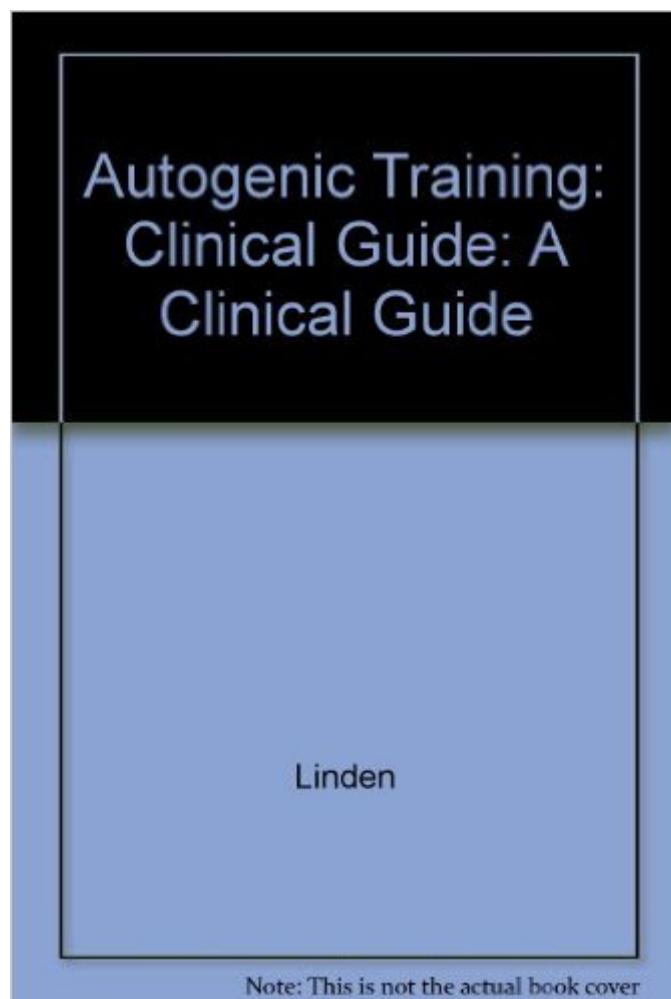


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# Autogenic Training: A Clinical Guide



Note: This is not the actual book cover



## Book Information

Paperback: 180 pages

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Like most books on this subject, it shies away from being a simple manual and spends a lot of time on anecdote. However, the actual instruction is clear and easy to follow.

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