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THE LIGHT OF DAY: A MINDBODY APPROACH TO OVERCOMING SEASONAL AFFECTIVE DISORDER



Trafford Publishing, Canada, 2008. Paperback Book Condition New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Enjoy relief from seasonal affective disorder today. Overcome the unwelcome effects of light-deprivation. Learn how to combine light therapy and hypnosis. Feel well anytime throughout the year. Dispelling some common misconceptions, Lawrence explains how to recognize light-deprivation and presents a simple, safe and effective program to feel better sooner than you imagine possible. Learn the subtle differences between...

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- · Authored by Lawrence Hayes
- Released at 2008



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