What Is Autogenic Training?

Autogenic training is a specific technique used to induce the body's relaxation response and calm the internal stress response. The approach follows a very specific relaxation procedure involving repetitive phrases and gentle focus on targeted areas of the body in order to create relaxing sensations of heaviness and warmth throughout your whole being.



Autogenic Training A Clinical Guide

Julie H. Linden, Giuseppe De Benedittis, Laurence I. Sugarman, Katalin Varga **Autogenic Training A Clinical Guide:**

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