



## Payne s Handbook of Relaxation Techniques: A Practical Guide for the Health Care Professional (Paperback)

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By Rosemary A. Payne, Marie Donaghy

Elsevier Health Sciences, United Kingdom, 2010. Paperback. Book Condition: New. 4th Revised edition. 244 x 188 mm. Language: English . Brand New Book. Payne s Handbook of Relaxation Techniques provides the health care professional with a practical introduction to a variety of approaches to relaxation, both somatic and cognitive, that may usefully contribute to patient care. Rosemary Payne is an experienced clinical therapist with a deep understanding of the problems facing the busy practitioner. In the 4th edition she combines her experience with that of Marie Donaghy, author, professor of Physiotherapy and member of the British Psychological Society. They aim to provide a quick and informative guide to selecting the most appropriate relaxation technique for each client. Payne s handbook of Relaxation Techniques has with the past 3 editions established itself as a unique source book for all those health professionals involved in teaching relaxation.



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