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I Choose Life: The Dynamics of Visualization and Biofeedback

Patricia A. Norris Ph.D., Garrett Porter

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I Choose Life: The Dynamics of Visualization and Biofeedback Patricia A. Norris Ph.D., Garrett Porter I CHOOSE LIFE is an in-depth look at the body's ability to create health through the power of the mind. The self image we hold in our mind is a powerful blueprint affecting our total heath and ability to heal our body. Psychologist Dr. Patricia Norris explains how imagery and biofeedback techniques are used to develop a self image that is strong and effective, potentiating healing on all levels. I CHOOSE LIFE is a book for anyone wishing to understand the role that beliefs, attitudes and expectations play in creating both disease and wellness. Norris clearly explains those methods of visualization which have proven to be most effective, describing her personal experiences with clients and documenting the powerful connections between the mind and the body. Highlighting her work Norris presents nine year old Garrett Porter as an excellent example of the effectiveness of these procedures. Diagnosed with an inoperable brain tumor, co-author Garrett describes how he worked for a year with biofeedback, visualizations, relaxation, drawing, self expression techniques, and eventually totally eliminated his tumor. In addition to inspiring stories of personal healing, this book shares valuable information for everyone about the mind's ability to transform the quality of life on all levels: physical, emotional, mental and spiritual.

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