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## You Are the Mystery

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By David Zink Ph. D

iUniverse. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Joan and David Zink have woven for us an essential and timely fabric from the present-day research tracing the dynamic development of the concept of psycho-integration. Through the exploration by psychologist of the phenomena associated with demonstrable alteration in skin temperatures and the cardiovascular responses to central control, we have come to that point where bio-feedback is available to the individual as a signpost for improving his own state of well being through his own intentional and conscious control. Thus the paths of insight into the unconscious have now broadened. We are each given the possibilities of accepting responsibility for our own growth and understanding of our own levels of consciousness. By their scholarly and critical reviews of the literature, beginning with the insights of Freud and Jung and expanding since WWII through clinical physiologists sources of bio-feedback, Joan and David Zink have clearly delineated for us the problems of the mind-body dichotomy. Rational acceptance of functional psycho-integration is now available for further exploration and for clinical applications. Of special value are the chapters expanding and simplifying the evidence of the importance to man of his own...



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