



## Biofeedback (Hardback)

By Krista West

Chelsea House Publishers, United States, 2007. Hardback. Condition: New. Language: English . Brand New Book. The human mind is a learning machine. We are constantly taking in new information, processing that information, and making decisions based on what we learn. Biofeedback is a process that teaches the mind so that it can learn to control the body. This book is a comprehensive look into this holistic type of learning; it explores how moods, muscles, nerves, and brain waves can be controlled by the mind through biofeedback treatment. Biofeedback also examines the discussions surrounding this topic. Though a lot of research has gone into exploring the mechanisms of biofeedback, science cannot explain exactly how the mind learns, so it cannot explain exactly how biofeedback works, either. And for this reason, biofeedback has long been questioned by traditional medicine.



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### Reviews

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