



Healing with the Arts: A 12-Week Program to Heal Yourself and Your Community

Michael Samuels M.D., Mary Rockwood Lane Ph.D.

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From musicians in hospitals to quilts on the National Mall—art is already healing people all over the world. It is helping veterans recover, improving the quality of life for cancer patients, and bringing communities together to improve their neighborhoods. Now it's your turn.

Through art projects, including visual arts, dance, writing, and music, along with spiritual practices and guided imagery, *Healing with the Arts* gives you the tools to address what you need to heal in your life—physical, mental, emotional, and spiritual.

An acclaimed twelve-week program lauded by hospitals and caretakers from around the world, *Healing with the Arts* gives you the ability to heal your family and your friends, as well as communities where you've always wanted to make a difference. Internationally known leaders in the arts in medicine movement, Michael Samuels, MD, and Mary Rockwood Lane, RN, PhD, show you how to use creativity and self-expression to pave the artist's path to healing.

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