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Steven Gurgevich, Ph.D., is a clinical assistant professor at the University of Arizona's College of Medicine, where he teaches mind-body medicine to physicians in Dr. Andrew Weil's courses at the Arizona Center of Integrative Medicine. He also directs the center's Mind-Body Clinic and most recently co-authored *The Self-Hypnosis Diet* (Sounds True, 2007), *Relieve Anxiety with Medical*

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