



Biofeedback Mastery: An Experiential Teaching and Self-Training Manual

Erik Peper, Hana Tylova, Katherine H. Gibney, Richard A Harvey

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Biofeedback Mastery is a laboratory manual for training students and staff in all the major biofeedback modalities. Each unit teaches instrumentation and clinical skill fundamentals through intuitive and well-illustrated exercises. This manual is an indispensable resource for educators, students, and clinicians. —Fred Shaffer, Ph.D., Professor of Psychology, Truman State University.

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