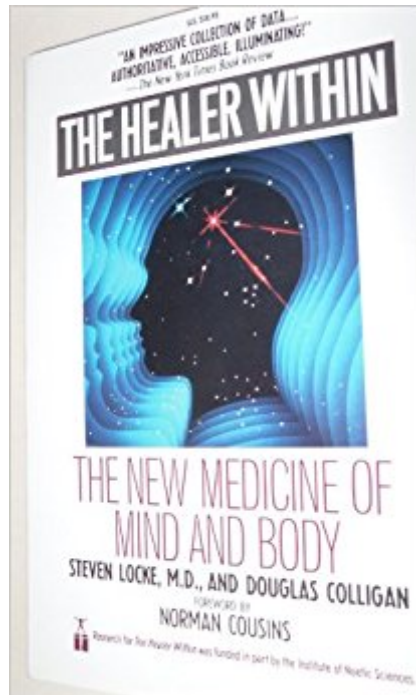


The book was found

The Healer Within: The New Medicine Of Mind And Body



Synopsis

Harvard Medical School professor Dr. Steven Locke and Omni magazine editor Douglas Colligan clearly present a complete study of the new science of psychoneuro-immunology that shows astounding ways in which emotions and attitudes can affect health and treatment of illness. HC: Dutton. --This text refers to an out of print or unavailable edition of this title.

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Customer Reviews

In a nutshell: our mind and emotions influence our health. He stops there. Research presented here is exemplified by a report on page 188 of a clinical psychologist who spent three years visiting complementary cancer centers all over the world. Therapies ranged from diet and macrobiotics, special herbs, and cancer-fighting mental imagery. His report? 10% of patients experienced no discernible improvement, 40% confessed to some temporary benefit to the quality of their lives, 40% reported felt slightly more long-lasting benefit for a period of weeks, months or even years in which they lived disease-free, 10% had a partial or complete remission of cancer. So if your stage of healing is looking for hope, this is your book. However some of you readign this already have hope and are now attempting to walk your own Hero's Journey of self-healing. If so, this book is too general for you, too little about specific, effective methods. Similarly, if you are already beyond teh stage of verifying and validating how mind and emotions influence physicla health, this book is too general for you. The next stage after accepting mental-emotional disturbance affects physical wellness, is asking, "Which method(s) will be most effective for me; and, how do I apply them?" That's the Hero's Journey of self-healing, exploring specific methods, trying them on for size,

learning what works for you, building your own Healing Toolbox, tool by tool. If you find The Healer Within book to general for you, try any of several reference books connecting physical concerns with mental-emotional issues. The most accessible are Your Body Speaks Your Mind and The Meaning of Illness Is Now an Open Book.

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