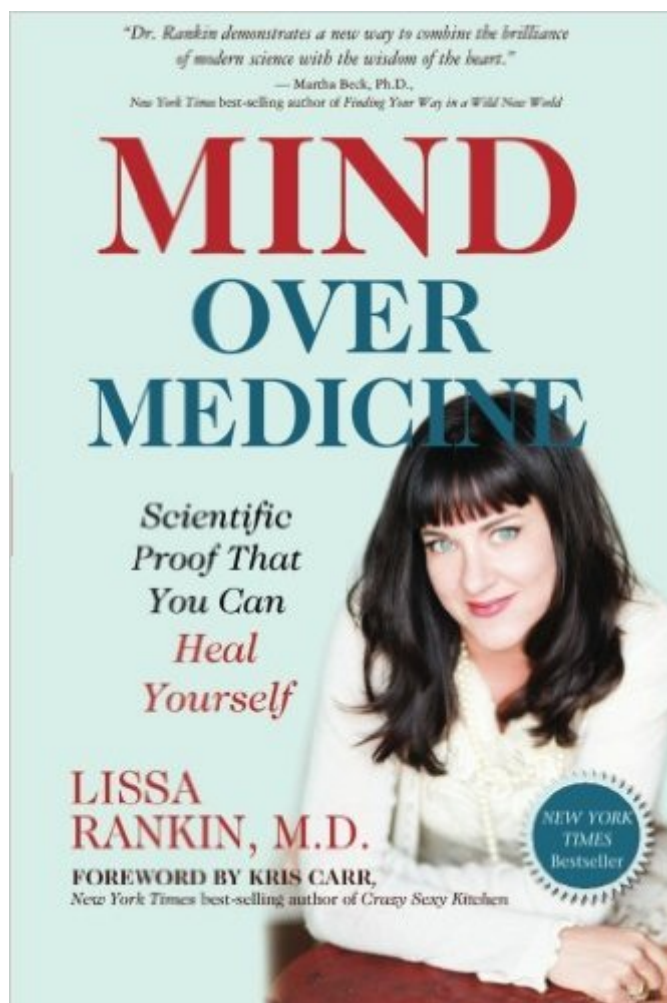


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# Mind Over Medicine: Scientific Proof That You Can Heal Yourself



## Synopsis

A NEW YORK TIMES BESTSELLER AS SEEN ON NATIONAL PUBLIC TELEVISION "We've been led to believe that when we get sick, it's our genetics. Or it's just bad luck" and doctors alone hold the keys to optimal health. Therefore when Dr. Lissa Rankin's own health started to suffer, she turned to Western medical treatments, but what she found was that they not only failed to help; they made her worse. So she decided to take matters into her own hands. Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: a recognition of the body's innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. To better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years. "Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings, and beliefs can alter the body's physiology. She lays out the scientific data proving that loneliness, pessimism, depression, fear, and anxiety damage the body, while intimate relationships, gratitude, meditation, sex, and authentic self-expression flip on the body's self-healing processes. In this book, you'll find a radical new wellness model based on Dr. Rankin's scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life "spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships" so that you can create a customized treatment plan aimed at bolstering these health-promoting pieces of your life. You'll learn how to listen to your body's "whispers" before they turn to life-threatening "screams" that can be prevented with proper self-care, and you'll learn how to trust your inner guidance when making decisions about your health and your life. By the time you finish Mind Over Medicine, you'll have made your own Diagnosis, written your own Prescription, and created a clear action plan designed to help you make your body ripe for miracles.

## Book Information

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## Customer Reviews

\*\*\*\*\*This cutting-edge book is unique in its mission--the author (a conventional medical doctor who has left her mainstream practice in order to assist people in healing holistically) has wildly succeeded in her attempt to prove scientifically that in so many ways we can heal ourselves. The book is unique because its approach is not woo-woo or only anecdotally-based, but grounded in science and in studies from mainline medical journals. This is not an academic or scholarly book, however; it is accessible for any reader and will especially appeal to those who want concrete ways based on sound medical research to embark upon their own healing, even if they are staying within conventional (allopathic) medicine. The book is endorsed by Christiane Northrup, MD; life coach Martha Beck; Bernie Siegel, MD; shame researcher Brene Brown, PhD; Larry Dossey, MD; and others such as Anita Moorjani, Danielle Laporte, SARK, and Chris Guillebeau. If you like and respect these authors, you will most certainly enjoy this book immensely. The author has developed a new wellness model that she has details in the last part of the book. Her talents as a physician and a type of life coach have merged in this model. It looks to be very useful. Just from working through it in the book, the reader can develop her/his own personal health plan. The author does not disparage conventional doctors or allopathic medicine even when she points out their flaws, but advocates that all practitioners work together as part of the patients' health care team. Some topics covered include: meditation, current research on optimism and happiness, workaholism, community, spontaneous remission, the placebo effect, the nocebo effect, limiting beliefs, and so much more.

This is a first in a continuing series of self-help books I will be reviewing for Hay House Publishing. I am not being financially compensated to write these reviews and they are based solely on my over 36 years of experience in helping and healing other people as a self-help practitioner. The book I chose for my first examination and review is "Mind Over Medicine" written by Lissa Rankin, M.D. I chose this book first because I wanted to read something written by someone from the field of "established medicine" rather than someone from my own field of spiritual healing. The book is

divided into three parts. Part One is entitled "Believe Yourself Well." In this section of the book Dr. Rankin gives us voluminous amounts of studies and anecdotal evidence in regards to the importance of the mind helping the body to heal. The book is heavily footnoted if you wish to follow up on her references. I found this section of the book to be very interesting because here we have an M.D., Dr. Rankin, not only acknowledging the importance of many things such as bedside manner, love, compassion, and other "spiritual aspects" in helping people to heal but also reciting case studies proving it. In my opinion, for the average M.D. to acknowledge such things is highly unusual but I wish it were the norm rather than the exception. Thus, Dr. Rankin proved to me from the outset that she is no "average" M.D. I very much enjoyed the first part of the book as she included a lot of personal stories along with the research studies so I found it well-written and entertaining as well. Part Two of the book is called "Treat Your Mind." In this section of the book Dr. Rankin starts out with a chapter called "Redefining Health".

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