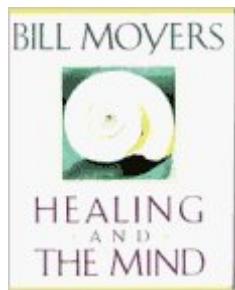


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# Healing And The Mind



## **Synopsis**

In the best-selling companion volume to the PBS series, acclaimed television journalist Bill Moyers explores the fascinating, complex, powerful connection between mind and body in human health. Ancient medical science told us our minds and bodies are one. So did philosophers of old. Now, modern science and new research are helping us to understand these connections. In *Healing And The Mind*, Bill Moyers talks with physicians, scientists, therapists, and patients -- people who are taking a new look at the meaning of sickness and health. In a series of fascinating and provocative interviews, he discusses their search for answers to perplexing questions: How do emotions translate into chemicals in our bodies? How do thoughts and feelings influence health? How can we collaborate with our bodies to encourage healing? With the incisive style that has made Bill Moyers's skills as an interviewer legendary, *Healing And The Mind* is destined to influence how America thinks about sickness and health. Full -color and B & W photographs throughout.

## **Book Information**

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## **Customer Reviews**

In this intriguing companion volume to a PBS TV series, Moyers explores the roles of thoughts and emotions in illness and health through interviews with 16 doctors and scientists. He visits stress-reduction clinics and a cancer patients' support group, and he investigates the new field of psychoneuroimmunology, which emphasizes the importance of patients' attitudes to optimal immune-system functioning. He also travels to China to study acupuncture, therapeutic massage and chi gong , the manipulation of vital energy to ameliorate chronic neurologic and muscular

diseases. Among those interviewed are University of California physician Dean Ornish, who has reversed heart disease in patients with treatments combining meditation, stress-reduction exercises, group therapy, walking and vegetarian diet; neurobiologist David Felten, discoverer of nerve fibers that link the nervous system to the immune system; and Thomas Delbano of Harvard Medical School who seeks ways to transform the doctor-patient relationship so that patients are more actively involved. Color and black-and-white reproductions of art by Kathe Kollwitz, Rene Magritte, Norman Rockwell, Paul Klee and others interact suggestively with the text. Copyright 1992 Reed Business Information, Inc.

In the best-selling companion volume to the PBS series, acclaimed television journalist Bill Moyers explores the fascinating, complex, powerful connection between mind and body in human health. Ancient medical science told us our minds and bodies are one. So did philosophers of old. Now, modern science and new research are helping us to understand these connections. In *Healing And The Mind*, Bill Moyers talks with physicians, scientists, therapists, and patients -- people who are taking a new look at the meaning of sickness and health. In a series of fascinating and provocative interviews, he discusses their search for answers to perplexing questions: How do emotions translate into chemicals in our bodies? How do thoughts and feelings influence health? How can we collaborate with our bodies to encourage healing? With the incisive style that has made Bill Moyers's skills as an interviewer legendary, *Healing And The Mind* is destined to influence how America thinks about sickness and health. Full -color and B & W photographs throughout.

The content of this book is a series of interviews with Moyers and top Professionals in the Medical field. Moyers asks very relevant questions from a skeptical position, the Medical Professional answer is informative as well as fascinating. You can see how the Medical Profession is beginning to change its line of thinking with regards to healing the complete aspect of the Patient, not just the symptoms of the illness or disease. The human being is a complex mixture of emotions and statistics. In fact the Doctors are realizing they are also members of the human race. All this goes into the mix of a new era of caring being introduced today that benefits both the Doctor and the Patient. Excellent reading.

I had the cassette set in the late 90s. I thought it was excellent and loaned it to someone. Well you know how that goes...couldn't remember who I loaned it to. Since I couldn't find an audio version I ordered the book. A friend saw my copy and wanted it as well so I gave it to her and ordered

another for myself. It's an excellent read and I highly recommend it. In addition to a high recommendation I was very impressed by the quick service by the vendor and the used paperback was in excellent condition.

Am reading it now. So far so good

Needed another copy to give to someone. It's a keeper.

I love Bill Moyers and Love the concept of psychoneuroimmunology. That's enough! Wonderful book on this concept! I definitely recommend this book for anyone interested in learning more about this topic. It would be a great introduction.

Nothing new here, since it's old conversations many of which I had already heard; but it's fun to find contemporaries in the book and look back at what was so important to us in those days. Bill Moyers always carried on top-notch conversations on deep topics.

One of the most inspiring books I have ever read.

I gave my original copy away and wanted to have another one to keep. This is a very helpful and informative book for anyone with chronic illness.

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