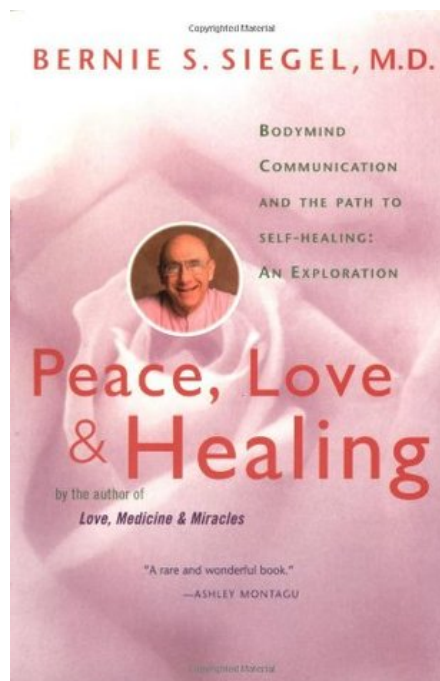




Peace, Love and Healing: Bodymind Communication the Path to Self-Healing: An Exploration

Bernie S. Siegel

Download now

Read Online ➔

Peace, Love and Healing: Bodymind Communication the Path to Self-Healing: An Exploration

Bernie S. Siegel

Peace, Love and Healing: Bodymind Communication the Path to Self-Healing: An Exploration Bernie S. Siegel

A classic of patient empowerment, *Peace, Love & Healing* offered the revolutionary message that we have an innate ability to heal ourselves. Now proven by numerous scientific studies, the connection between our minds and our bodies has been increasingly accepted as fact throughout the mainstream medical community. In a new introduction, Dr. Bernie Siegel highlights current research on the relationships among consciousness, psychosocial factors, attitude and immune function.

"Love and peace of mind do protect us," Siegel writes. "They allow us to overcome the problems that life hands us. They teach us to survive...to live now...to have the courage to confront each day."

Peace, Love and Healing: Bodymind Communication the Path to Self-Healing: An Exploration Details

Date : Published July 1st 1998 by William Morrow Paperbacks (first published 1989)

ISBN : 9780060917050

Author : Bernie S. Siegel

Format : Paperback 304 pages

Genre : Health, Self Help, Nonfiction, Psychology, Philosophy

 [Download Peace, Love and Healing: Bodymind Communication the Pat ...pdf](#)

 [Read Online Peace, Love and Healing: Bodymind Communication the P ...pdf](#)

Download and Read Free Online Peace, Love and Healing: Bodymind Communication the Path to Self-Healing: An Exploration Bernie S. Siegel

From Reader Review Peace, Love and Healing: Bodymind Communication the Path to Self-Healing: An Exploration for online ebook

Cynthia says

I am thinking my list of books read this year is going to be a dead giveaway to the type of year it was for me :). Having said that . . All the books I read we're a saving grace and I am SO grateful to have been guided to each one. Bernie Siegel has a wonderful way of explaining how to find a positive outlook on some of life's most difficult circumstances. I learned to really like him from the words he wrote.

Jess Macallan says

This is a beautifully written book on the power of healing, the mind/body connection, and the indomitable spirits of amazing people. Insightful, honest and powerful. I highly recommend this book for anyone who knows someone dealing with life-changing disease.

Fishface says

This follow-up to LOVE, MEDICINE AND MIRACLES is more like a workbook or guide to get someone moving on the goals laid out in the previous book. It has the same benefits and flaws as the original book.

Jamie says

The book was very insightful and helped me understand in a deeper way that there's more to a disease than its physical aspects. I liked that he tries to empower readers and show that they can still exercise agency in spite of their seemingly incurable illness. In the book, he gives 5 questions that people should ask themselves – What does your illness mean to you? Why do you need your illness and what benefits do you derive from it, etc. It especially helped me see that the most important question is not why do I have this disease, but HOW will I respond. No matter how advanced society becomes, disease will always exist and we can never cure everything. What we can do is care, and that is where true healing , the kind that goes beyond just physical healing, can take place. One very big problem I have with the book is that the author makes it sound that if we handle stress poorly, the direct result is our illness. He cites a lot of stories about individuals with suppressed emotions or those who have not dealt with past hurts in a healthy manner. While that may apply to adults, I doubt that it applies to children.

Rivka Levy says

This was still good, and worth reading, but not the 'blow me away awesome!' of Love, Medicine and Miracles.

There was a touch more preachiness in this book (which is always difficult to avoid, especially when people are tracking you down in their droves for your advice), and it wasn't as raw and personal as Bernie's first book.

But still lots of good scientific research for anyone interested in the proof behind a more God-based holistic view of health.

charlotte Phillips says

This author was recommended to me by Mr. Rainville, and I am very grateful to him for that. Bernie gets a little cheesy on occasion, but he's got some great points about the nature of healing. It's been a fascinating read.

Nancy says

You don't have to be suffering from a serious illness to get something good out of this book. I thought it was wonderful and gives people permission to be who they truly are. He also dispels the idea that just because our mental and emotional health play into our overall health does not mean we are failures because we get sick. His point is that we need to live life to the fullest with all its ups and downs. That is our job. That is what we are here to do.

Aly says

Great motivating read

I have Crowing Disease and this book has helped me deal with my doctors appointments and fears that come with them. it has given me empowerment to take control of my treatment and I highly recommend this book to anyone dealing with chronic illness.

Rochelle says

picked up this book in 2007 when my dad was dying of cancer along with a bunch of other books on grieving, loss and death. I had read his other book Love, Medicine and Miracles. However, I didn't read it. I bought it to give to my dad, but he didn't need it. He had put his affairs in order and he had made up his mind about how he wanted to exit his life. It stayed on my shelf, until this year. My husband of 38 years left. I was devastated by the loss of my life partner, someone I thought I would grow old and die with. I did wonder if it was worth going on. This book caught my eye as I was sorting and tossing the "stuff" of my life. I sat and read it. I am glad I did. This book is very different from Love, Medicine, and Miracles. I think that it has broad application for all life-transforming changes and experiences, not just cancer or other diseases, but divorce or disability--any loss that significantly alters your life as you know it. While it does not claim to have any "magic bullets" that will provide the "antidote to anguish" it is ultimately a very inspirational blueprint which exhorts the reader to "take responsibility for every aspect of your life. To own your life, to live it authentically from the heart." Very important stuff in here, as well as guided meditations in the

appendix.

Lynn Pribus says

As healing and loving as LOVE, MEDICINE AND MIRACLES. He takes great care to point out that some people interpreted his first book to mean that people make themselves sick, and he wanted to correct that thought.

Or at least the GUILT that people feel when they are sick, thinking they did something to cause or deserve it.

This man is a true mensch!

Rosemary Brown says

Dr. Brown recommends anything by Bernie Siegel, whom she quotes in "Addiction Is the Symptom." She sees parallels between the healing she's been witnessing in her clients for many years and the "remarkable recoveries" of Siegel's cancer patients.

Connie Howell says

I think this is an exceptional book written by an exceptional man who also happens to be a surgeon with heart. He gives all his patients hope even when things look hopeless as he believes in the body/mind/spirit ability to heal us even when up against all odds. If there were more people like Bernie Siegel in the world of medicine then I believe it would be operating at its highest potential. I highly recommend this book, it is empowering, illuminating and you can feel the love ooze from the pages. There are also four meditations at the end of the book.

Christian Guenette says

Beautiful book, lovely man.

This book validated all the personal theories I had about the power of the body-mind connection to heal a person. Wonderful real-life examples of miracles witnessed first-hand.

Over the years, I have bought dozens of copies to give to my patients -- best example of hope I can give for anyone dealing with a serious health crisis. Thank you, Bernie!

Susan says

This is a great book. It has really helped me through my journey with lung cancer. My dearest friend Jo Newhouse recommended this book. She first read it when she was diagnosed with breast cancer at 40. That was 1974 And it is still widely read. It is not just for people going cancer.

Drew says

Everybody loves this book. I'm the grump who doesn't.
