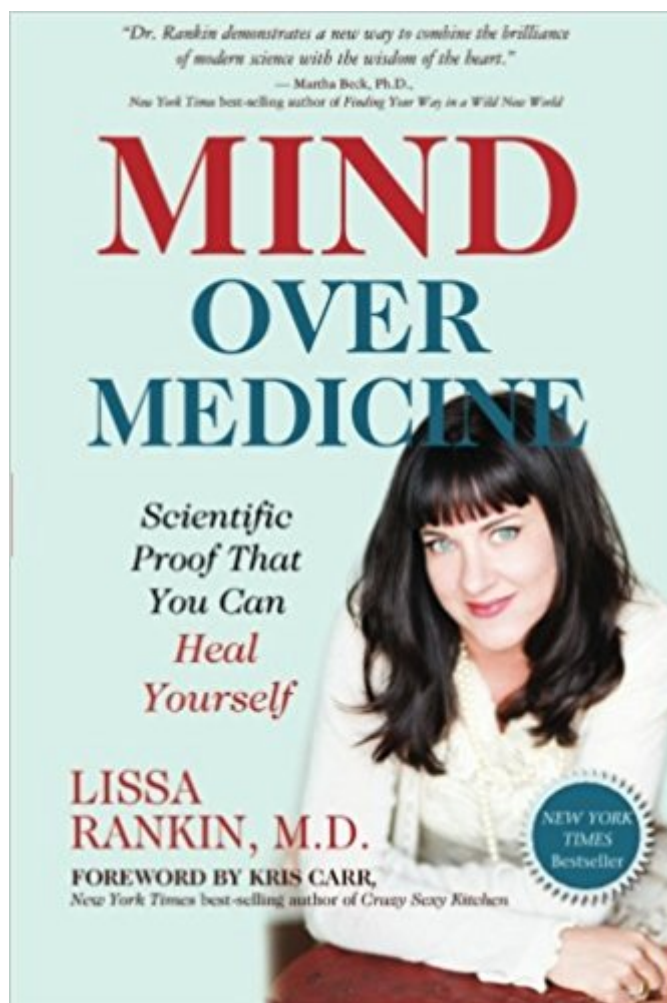


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Mind Over Medicine: Scientific Proof That You Can Heal Yourself



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.

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Customer Reviews

“What a pleasure it is to see the next generation of physicians waking up to what I call real medicine—the kind that acknowledges our true power to heal and be well.”
Christiane Northrup, M.D., OB/GYN physician and author of the New York Times bestsellers: *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause*
“In this book, Lissa Rankin clearly states what many health care providers (not to mention patients) already know: the way our society’s physicians are trained, pressured, and overworked is in many ways inimical to the process of healing. In her life, her work, and her words, Dr. Rankin demonstrates a new way to combine the brilliance of modern science with the wisdom of the heart. Anyone who will ever need a doctor, and certainly anyone who will ever be a doctor, will be enriched and enlightened by her ideas. Just reading *Mind Over Medicine* is a genuinely healing experience.”
Martha Beck, Ph.D., author of *Finding Your Way in a Wild New World*
“Being my own inner physician for years means that I’m SUPER thrilled about Dr. Lissa Rankin’s brilliant new book, *Mind Over Medicine*. She marries intuition with science and shows us all our healing SUPERPOWERS, and how to live our lives this way. And, Lissa’s writing style is so exuberant and deep at the same time, it makes me feel like I can do handstands on the ocean!”
SARK, author of 16 books, artist, and founder of PlanetSARK.com
“*Mind Over Medicine* modernizes age old messages of wisdom and makes them easier to understand and apply to modern day lifestyles. This book contains much wisdom in easy-to-apply lessons we can all learn from.”
Bernie Siegel, M.D., author of *Love, Medicine & Miracles*
“With humor, warmth, and compelling research, Dr. Lissa Rankin’s *Mind Over Medicine* begins to heal the most critical fracture of our time—the break between our mind, bodies, and spirit. When it comes to our physical and emotional health, we need to tap into our own wisdom and find our voices. Lissa’s passion and experiences make her the perfect guide for this journey.”
Brené Brown,

Ph.D., New York Times best-selling author of *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*—“Lissa Rankin is a modern day miracle worker with a message the world needs to hear.” —Chris Guillebeau, New York Times best-selling author of *The \$100 Startup*—“Dr. Lissa Rankin is a jet-powered force of vibrant health and happiness, for women in the world today. This book is vital. It is the first time a physician has written on behalf of the health of the whole body and soul of woman—her life. It is not only a must-read, it is an urgent, required read!” —Regena Thomashauer (a.k.a. “Mama Gena”), author of *Mama Gena’s School of Womanly Arts*—“Body and spirit are twins: God only knows which is which,” —Swinburne wisely said more than a century ago. But for most of the twentieth century, the body has hogged the show. Now consciousness, mind, and spirit are back in center stage in medicine. In *Mind Over Medicine*, Dr. Lissa Rankin shows why. This is a compelling, clear, and reader-friendly vision of where medicine and healing are headed, written by an expert medical insider who’s been there. Buy two copies—one for you and one for your doctor.” —Larry Dossey, M.D., author of *Reinventing Medicine*, *Healing Words*, and *One Mind*—“WOW! Just wow! That is how I feel about Lissa Rankin’s work! Everything she says rings so true to me, and her voice, as a professional medical doctor, is just what is needed in today’s drug dependent society. Bravo, Lissa for having the courage to speak out and share your truth. This world needs more like you!” —Anita Moorjani, New York Times best-selling author of *Dying to Be Me*—“An extraordinary, evidence-based look at the true impact of mindset and lifestyle on pain, disease, and vitality. An M.D. herself, Rankin takes on the establishment from the inside out, building a compelling argument for a new approach to health and healing that puts the patient in the driver’s seat. Prepare to have your mind blow . . . and your body healed.” —Jonathan Fields, author of *Uncertainty* and founder of the Good Life Project—“A doctor championing mega-doses of introspection, love, and liberation. A route to health that includes your DNA and your heart’s desire? I’m in! Lissa Rankin sheds scientific and mystical light on our ability to self-heal. She is a doctor for those of us who know in our bones that vitality is ours for the making.” —Danielle LaPorte, author of *The Fire Starter Sessions*—“In a world plying pharmaceutical solutions to all our problems, Dr. Lissa Rankin is an oasis of sanity. The deep attention and intimacy of her approach infuses medicine with intuitive insight and turned-on vitality. Lissa redefines healthcare, calling us to activate our own power in service of true well-being.” —

in! • Nicole Daedone, founder of OneTaste and author of Slow Sex: The Art and Craft of the Female Orgasm • “This book is a wonderful, practical guide to heal yourself and stay positive. Dr. Rankin has compiled pertinent scientific research to support the incredible wisdom behind making healthy life style and attitude changes to enhance your health and vibrance. She honors mind, body, and spirit in the healing process.” • Judith Orloff MD, author of Emotional Freedom- From Publisher’s Weekly: “Recent diatribes against the forthcoming DSM-5 have called for medical professionals to put down the book from time to time and look patients in the eye. Rankin takes it one step further and tells folks to look inside themselves to heal themselves, both mentally and physically. After years of working in a traditional medical setting and dealing with her own failing health, Rankin undertook extensive research into the medical literature of the past 50 years and discovered the true power of an optimistic outlook on the body’s ability to heal itself. But it’s difficult work being an optimist- it requires faith in one’s ability to heal, and it necessitates a serious attitude adjustment. As such- and always with the skeptics in mind- Rankin walks readers through self-assessment techniques, methods of self-diagnosis, and how to plan a “prescription” for going forward. She does not dismiss the benefits of modern medicine; rather, she urges patients and health care providers to seek mind and body solutions in order to secure the best care possible. Rankin’s insightful and compassionate treatise may not convince everyone, but it’s a refreshing alternative to a handful of pills.” --This text refers to the Audio CD edition.

Lissa Rankin, M.D., is a physician, author, speaker, teacher, and founder of the Whole Health Medicine Institute. She is passionate about what lies at the intersection of science and spirituality and is committed to awakening consciousness not just in the field of health care, but in how we align with our soul’s purpose in all aspects of our lives. Lissa teaches several teleclasses, including Medicine For The Soul, Find Your Calling, and Visionary Ignition Switch. Her next book, The Fear Cure, will be published in 2015. She lives in California with her daughter. LissaRankin.com.

It’s never too late to change your perspective on what health and wellness means. If you read this book today, get ready for some incredible revelations. The information Dr. Rankin presents may not all be new news, but it’s powerfully expressed and the time is right. People, like myself and most likely anyone reading this, are searching for answers on how to live healthy and simply. The answer of course is that we have everything we need inside us it just takes an eloquent author to tell us

that! A book that has helped me realize the power of self-expression to self-heal is "Art and Healing" by Barbara Ganim. What makes Mind Over Medicine so different from the other books is that she provides information that is grounded in scientific study from mainstream medical journals in accessible language. She challenges the Western medicine culture without disparaging it. Instead, she advocates the power of positive thinking, proactive self-care, and seeing wellness with an open mind. I wish there was an index, but she organizes her case well into three sections: 1) Evidence of mind-body connection 2) Areas in the body where the mind can create healing, which includes the real physiology/mechanics of what goes on in the body 3) Methods to change your belief systems and habits to a personal health prescription

First I do believe that more than conventional medicine is necessary to heal the body; but I would go further to say it is not just the mind and the body, but the spirit as well not an inner pilot light. The testimonials of the individuals that were healed were very inspiring; a few of them made me cry. Some of the techniques Dr Rankin speak about are simple to do and cost little money, time or effort. However, seeking out the help of alternative medicine practitioners can be pricey and most insurances don't cover these methods of treatment. So if finances are a problem for you it can only add to your stress, thus hindering the healing process. The process of coming up with your own diagnosis, treatment plan, and prescription I found interesting. I skimmed over this section, but would like to discuss it in detail with someone I trust, as I can see some of the issues could be difficult to get through. The e-book made for a strong case for how our minds can affect our bodies; still it doesn't explain why children that are born innocent to this world and its stresses have life threatening illnesses; surely they could not be responsible for their illnesses, and let's say there were no genetic links or abnormal pregnancy issues. How then are these illnesses explained?

At last I found somebody that reflects my entire library of thoughts. The amount of times during the book that I found myself looking around to see if Lissa was actually reading into my ear, was astounding. I just felt a connection to everything she said. The book has given me a renewed sense of purpose to continue with my journey into healing myself and others. The style of writing is wonderfully easy to read and understand. There's technical stuff, but anyone with a splash of interest in self help will grasp the information with ease. Read this book, even if like me, you've read a tonne of self help books, this one is at the top of the cairn.

An excellent introduction to mind/body healing from a physician's perspective. Many of the

anecdotes here were very compelling and validated my own experiences that too often are dismissed by the scientific and medical communities. If the placebo effect is so powerful, why not use it to try to generate better health? I found this totally readable and highly engaging. I think it would make anyone feel empowered to use all the tools available to optimize their health and well-being.

Excelent book. My mother has artrosis and has much less pain now and uses her cane occasionally after reading the book. Had many other symptoms (headaches etc.) but tests would come out normal. Doctors could not find anything wrong. She was under high stress where she lived and is moving and already feels better. I highly recommend this book.

This book is not about self sabotage or positive thinking. It is about the role and contribution of our mind to our physical health. At any one time, our mind contributes to one of two body responses - the stress response or the relaxation response. The stress response has been shown to result in damage to our body, while the relaxation response helps the body to heal itself. We have all heard about the mind - body connection. This book does a great job of using the published research literature to make the case in support of the connection. As a physician, Dr. Rankin was naturally skeptical about the mind - body claims. This skepticism is a plus for the reader. Dr. Rankin makes sure the mind - body connection case is solid and not just the result of random chance. While intuitively believing in the mind - body connection, Dr. Rankin set out on a journey to find the evidence that the power of the mind can transform the body. As a reader of this book, you too can benefit from what she has learned. What Dr. Rankin learned changed her life, and reading this book could change yours as well. If you are interested in your health, then read this book. If you are a health or wellness professional, then this book should be a must read for your professional development. Don't miss out on what Dr. Rankin has to share.....Read this book. I believe you will be glad you did.

I purchased this book after hearing Lissa Rankin speak, and she was, I felt, delivering a good message. If you get a chance to hear her, do that and take notes. The book, while okay, really does not match her oral presentation.

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