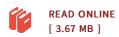




# Love and Survival: The Scientific Basis for the Healing Power of Intimacy

By Dr Dean Ornish

HarperCollins Publishers Inc, United States, 1999. Paperback. Book Condition: New. 198 x 135 mm. Language: English . Brand New Book. Love and survival. What do they have to do with one another? This book is based on a simple but powerful idea: Our survival depends on the healing power of love, intimacy and relationships. As individuals. As communities. As a country. As a culture. Perhaps even as a species.For the past 20 years, Dean Ornish, M.D., has directed clinical research, demonstrating -- for the first time -- that comprehensive lifestyle changes may begin to reverse severe coronary heart disease without drugs or surgery. Now, this impossible idea has become mainstream. Although most people tend to think of Dr. Ornish s program as being primarily about diet, he has found that perhaps the most powerful and meaningful intervention is love and intimacy and the emotional and spiritual transformation that often results. Yet those factors are largely ignored by the medical profession, which tends to focus primarily on the physical and mechanistic: drugs and surgery, genes and germs, microbes and molecules.Dr. Ornish is a pioneer once more as he persuasively argues that love and intimacy are a root of what makes us sick...



#### Reviews

Extensive guide! Its such a very good read. I really could comprehended almost everything out of this created e ebook. You will like how the writer write this ebook.

-- Katherine Feil

The ideal ebook i possibly go through. It generally does not cost an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Vincenza Hand

## Other eBooks



#### Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



#### You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



### Why We Hate Us: American Discontent in the New Millennium

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Americans are as safe, well fed, securely sheltered, long-lived, free, and healthy as any human beings who have ever lived on...



#### Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



# Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



# Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...