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Mind Over Medicine Scientific Proof That You Can Heal

In Mind Over Medicine, Scientific Proof That You Can Heal Yourself by Dr. Lissa Rankin, taking care of ourselves takes on a whole new meaning. I chose to read this book because I listened to Lissa speak at the I Can Do It Conference, and was awestruck at the stories of spontaneous remission that she shared with the audience.

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In clinical trials, it's called the placebo effect. But patients treated with placebos don't just feel better. It's not just 'in their heads'. They can heal their bodies by healing their thoughts.

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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.

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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.

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Mind Over Medicine How to Help Your Body Heal Itself

Lissa Rankin, M.D. is an integrative medicine physician and best-selling author whose latest book is Mind Over Medicine: Scientific Proof That You Can Heal Yourself.

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Books Lissa Rankin

After writing Mind Over Medicine, I had a post-publishing epiphany. I realized that it s all well and good to teach the 6 Steps to Healing Yourself, to invite people to do the deep transformational work that makes the body ripe for miracles and facilitates spontaneous remissions. But even if people are intuitive enough to tune into what their bodies need in order to heal, and even if

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