

LOVE & SURVIVAL

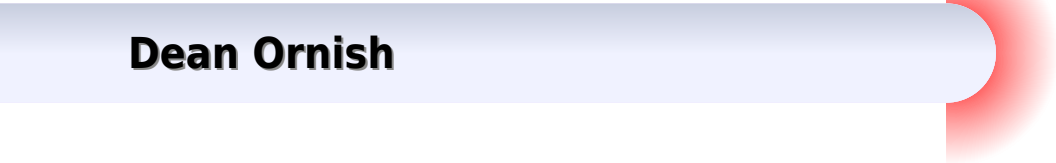
THE SCIENTIFIC BASIS FOR THE
HEALING POWER OF INTIMACY



DEAN ORNISH, M.D.

Love Survival The Scientific Basis For The Healing Power Of Intimacy

Dean Ornish



Love Survival The Scientific Basis For The Healing Power Of Intimacy:

Love and Survival Dean Ornish, 2011-11-15 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don't realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy Love & Survival Dean Ornish, 1999

Love and Survival Dean Ornish, 2016-05-10 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don't realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy **Building Intimate**

Relationships Rita DeMaria, Mo Therese Hannah, 2013-08-21 The PAIRS course acts as a kind of bridge between marriage education and therapy working both with couples in healthy relationships hoping to improve intimacy and with distressed couples trying to save their marriages Building Intimate Relationships is an edited work with contributions from the creator of the PAIRS program and the most experienced PAIRS leaders It describes the elements of the PAIRS course and discusses the application of the theories and techniques taught in the PAIRS program Chapters include discussions on intimacy communication conflict resolution emotional literacy sensuality and sexuality spirituality and gender issues

Love and Survival Dean Ornish, 2001 Dr Dean Ornish transformed the treatment of heart disease when he proved that it could be reversed through diet and exercise In this book he shows that the real epidemic is an emotional and spiritual heart disease the profound sense of loneliness isolation alienation and depression in our society and the most powerful factor in the healing process are feelings of love connectedness and spiritual transformation He proves that the healing power of love and intimacy is more important than any other factor in medicine not diet smoking exercise stress genetics drugs or surgery have

a greater impact on our quality of life incidence of illness and premature death from all causes Dr Ornish writes both from his clinical research and from his own struggles for intimacy and communication sharing the techniques and strategies he has found effective in his personal life *A Life in Balance* Kathleen Hall,2006 Nautilus Book Awards Winners for 2007 category Self Help Psychology Personal Growth Like many people Kathleen Hall found that despite great success and material wealth she had yet to identify purpose meaning and balance in her work and her life She left her Wall Street firm and devoted herself to understanding the relationships between mind body and spirit and between professional and personal fulfillment Since then she has studied with great spiritual leaders including the Dalai Lama Bishop Desmond Tutu and the exiled Vietnamese monk Thich Nhat Hanh She has also learned from medical experts like Dr Dean Ornish of the Preventive Medicine Research Institute and Dr Herbert Benson at the Harvard Mind Body Institute Inspired by those diverse influences Dr Hall has written *A Life in Balance* a guided journey to joy peace and an intentional life grounded in the four roots of the SELF Serenity Find what brings us peace and channel it into everything we do Exercise Align the body with energy and health through walking yoga martial arts and more Love Build community and relationships that heal others as well as ourselves Food Pay attention not just to what we eat but to what we experience through all our senses Our lives pull us in many different directions to find happiness we must first create balance Filled with wit wisdom and compassion *A Life in Balance* will help any reader identify and stay true to his or her authentic self **Deepening Community** Paul Born,2014-03-10 Community shapes our identity quenches our thirst for belonging and bolsters our physical mental emotional and economic health But in the chaos of modern life community ties have become unraveled leaving many feeling afraid or alone in the crowd grasping at shallow substitutes for true community In this thoughtful and moving book Paul Born describes the four pillars of deep community sharing our stories taking the time to enjoy one another taking care of one another and working together for a better world To show the role each of these plays he shares his own stories as a child of refugees and as a longtime community activist It s up to us to create community Born shows that the opportunity is right in front of us if we have the courage and conviction to pursue it *Therapeutic Mastery* Charles H. Kramer,2000 Divided into five sections The Therapist in Action The Therapist as Human Being Developing Creatively Revealing our Selves and Leadership Beyond Problem Solving this inspiring new text explores the crucial but underexplored topic of the ongoing development of the self of the therapist for the sake of both client and clinician **Thrivers Soup** Heidi Bright,2016-01-20 Cancer patients seeking to integrate meaningful spirituality with practical healing solutions can now feast on a comprehensive blend of self care options This book provides a variety of holistic strategies for cushioning chemotherapy and softening surgery while empowering readers to grow in consciousness Each of more than 250 topics begins with an inspirational quote from one of the world s wisdom traditions offers a story to foster self care and personal transformation and concludes with a useful tip With passion authenticity and a dash of humor this book courageously addresses medical

topics such as Finding Chemo Hair Pieces Turbanator and Recovery Master the Possibilities Holistic care entries include Nutrient Density Thriver Soup Shadow Work Dark Night Rises and Field of Dreams Explore these restorative ingredients to enhance your nutritional choices stimulate your creative juices foster your personal powers to transform mentally and emotionally and deepen your connection with others and the Divine **The Cure Within** Anne Harrington, 2009-02-16 A splendid history of mind body medicine a book that desperately needed to be written Jerome Groopman New York Times Is stress a deadly disease on the rise in modern society Can mind body practices from the East help us become well When it comes to healing we believe we must look beyond doctors and drugs we must look within ourselves Faith relationships and attitude matter But why do we believe such things From psychoanalysis to the placebo effect to meditation this vibrant cultural history describes mind body healing as rooted in a patchwork of stories allowing us to make new sense of our suffering and to rationalize new treatments and lifestyles

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