

LOVE & SURVIVAL

THE SCIENTIFIC BASIS FOR THE
HEALING POWER OF INTIMACY



DEAN ORNISH, M.D.

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

John Robbins



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Love & Survival Dean Ornish,1998 What do love and survival have to do with each other Dr Dean Ornish's clinical research demonstrates that they are enmeshed in fact that our very survival depends on the healing power of love According to Dr Ornish the real epidemic in our culture is what he calls emotional and spiritual heart disease We can heal the loneliness isolation alienation and depression that are prevalent in our society and Dr Ornish provides the key to unlocking the miracle of love and allowing the healing to begin

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

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

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

The Cure Within: A History of Mind-Body

Medicine Anne Harrington, 2009-01-27 People suffering from serious illnesses improve their survival chances by adopting a positive attitude and refusing to believe in the worst Stress is the great killer of modern life Ancient Eastern mind body techniques can bring us balance and healing We've all heard claims like these and many find them plausible When it comes to disease and 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 history describes our commitments to mind body healing as rooted in a patchwork of stories that have allowed people to make new sense of their suffering express discontent with existing care and rationalize new treatments and lifestyles These stories are sometimes supported by science sometimes quarrel with science but are all ultimately about much more than just science

Partners in Pleasure Paul Pearsall, 2001 This sequel to Pearsall's bestselling *The Pleasure Prescription* shows couples the way to true happiness Drawing on 2 000 year old Polynesian wisdom *Partners in Pleasure* shows how to go beyond self fulfillment to selfless shared pleasure The Foreword features rare written wisdom from a well respected kapuna Hawaiian elder

Love, Romance, Sexual Interaction Nathaniel Pallone, 2018-01-16 This volume brings together in a single resource fourteen empirical studies examining a variety of emotions and behaviors covering many aspects of love romance and sexual interaction from recent issues of *Current Psychology* Scholars from universities and research centers bring under the empiricist's microscope a variety of emotions and behaviors ranging from dating relationships criteria for the ideal mate held by both men and women the relationship between perceptions of parents and partners in a direct test of psychoanalytic conceptualizations of mate selection how the media influence perceptions about love and romance sources of marital conflict gender differences in responses to infidelity and even the attitudes of consumers toward prostitution Contributors and topics of discussion include Albert Mehrabian and Jeffrey S Blum Physical Appearance Attractiveness and the Mediating Effect of Emotions Gordon L Flett Paul L Hewitt Brenley Shapiro and Jill Rayman Perfectionism Beliefs and Adjustment in Dating Relationships Robert Ervin Cramer Jeffrey T Schaefer and Suzanne Reid Identifying the Ideal Mate More Evidence for Male Female Convergence Glenn Geher Perceived and Actual Characteristics of Parents and Partners A Freudian Model of Mate Selection Claudia J Haferkamp Beliefs about Relationships in Relation to Television Viewing Soap Opera Viewing and Self

Monitoring Blaine J Flowers and Brooks Applegate Marital Satisfaction and Conventionalization Examined Didactically
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Healthy at 100 John Robbins, 2007-08-28 The bestselling author of *Diet for a New America* shares the scientifically proven secrets of the world's healthiest and longest lived people and shows how understanding their unique lifestyles can influence and improve our own longevity *Healthy at 100* is a masterpiece Dean Ornish M D This is a remarkably open and heartfelt book full of wisdom and love John Robbins has created a new vision of aging for American society John Mackey CEO Whole Foods In this revolutionary book bestselling author John Robbins reveals the secrets for living an extended and fulfilling life He explores the example of four very different cultures that have the distinction of producing some of the world's healthiest oldest people the Abkhazians in the Caucasus south of Russia the Vilcabambans in the South American Andes the Hunzans in Central Asia and the people from the southern Japanese islands of Okinawa Bringing the traditions of these ancient and vibrantly healthy cultures together with breakthroughs in medical science Robbins reveals that remarkably they both point in the same direction It is not diet and exercise alone that helps people to live well past one hundred The quality of personal relationships is enormously significant for our longevity In *Healthy at 100* Robbins isolates the characteristics that will enable us to live long and more important joyous lives With an emphasis on simple wholesome yet satisfying fare a manageable daily exercise routine and the cultivation of strong loving relationships Robbins gives us the tools for making our later years a period of wisdom vitality and happiness 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 Thrivers 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 *Conscious Dating* David Steele, 2007-10 We want to be happy in relationships but don't know how

The old way of dating and mating simply doesn't work anymore. The rules have changed and most of us don't know what the new rules are. In searching for love, most singles are using trial and error, flying by the seat of their pants or following bad advice. Conscious Dating does not offer manipulative or deceptive practices that compromise who you are; in fact, it helps singles celebrate who they are and see being single as an opportunity and not a disease. This is not just another dating book filled with tired ideas about how to get a man or woman. Conscious Dating provides relationship information and strategies proven and tested with thousands of singles worldwide from a pioneering leader in the field of relationships.

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.

Theatre and the Good Mark Fearn, 2007 Theatre and the Good examines the roots of theater from an anthropological perspective as well as theater's capacity for liberation using models of theater in prison, dramatherapy, and a spiritual opening felt by many. The book argues that the ancient needs for which theater has arisen are still relevant and that theater is a much-needed and effective pathway to meaning.

Performing Arts

10,000 Ways to Say I Love You Gregory J.P. Godek, 2009-11-01 The small book with the biggest collection of loving ideas ever gathered in one place, now in a tenth anniversary edition. This is the ultimate practical giftable resource for couples, filled with 10,000 ideas for expressing affection. From the author of the phenomenally successful 1001 Ways to Be Romantic, America's Romance Coach, Gregory J.P. Godek, 10,000 Ways to Say I Love You overflows with surprise ideas, back-to-basics classics that always work, and inspired twists on creative expression. Readers can express true affection with secret love notes, perpetual bouquets, secluded picnics, outrageous gifts, and 9,996 more ways to say I love you. At one idea per day, this book will last couples 27.4 years. This tenth anniversary edition offers fresh tips for today's world of texting and social networking, giving readers more reasons than ever to pick up this best-loved romantic collection.

Experiencing the Father's Love Jack Frost, 2017-10-17 Experience the Love of the Father every day. Seasons of crisis, pain, and loss may impact the people we become, but our circumstances do not define who we are. Your identity is greater than your experiences. The only experience that ought to define your identity, determine your self-worth, and shape your destiny is an encounter with

Conscious Dating: Finding the Love of Your Life and the Life That You Love David Steele, 2006

A General Theory of Love Thomas Lewis, Fari Amini, Richard Lannon, 2007-12-18 This original and lucid account of the complexities of love and its essential role in human well-being draws on the latest scientific research. Three eminent psychiatrists tackle the difficult task

of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned about the primitive functions of the human brain A General Theory of Love demonstrates that our nervous systems are not self contained from earliest childhood our brains actually link with those of the people close to us in a silent rhythm that alters the very structure of our brains establishes life long emotional patterns and makes us in large part who we are Explaining how relationships function how parents shape their child s developing self how psychotherapy really works and how our society dangerously flouts essential emotional laws this is a work of rare passion and eloquence that will forever change the way you think about human intimacy

What to Do When Someone You Love Is Depressed, Second Edition Mitch Golant, Ph.D., Susan K. Golant, 2007-08-07 Originally published New York Villard Books 1996

Work Stress and Coping in the Era of Globalization Rabi S. Bhagat, James Segovis, Terry Nelson, 2016-04-01 This book examines the phenomena of how individuals experience work stress and coping in both developed and developing countries in the world Rabi Bhagat known for his cross cultural scholarship in this area and his co authors help us recognize the causes and consequences of work stress They present a systematic comprehensive review of this topic with plenty of practical insights and case studies examining work stress and coping in the era of globalization Researchers practitioners and students in the field of industrial organizational psychology organizational behavior and human resources management will find this book of interest

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