

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

Marcy Axness



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 **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, 2013-08-21 First Published in 2003 Routledge is an imprint of Taylor Francis an informa company **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 **Button Therapy** Lloyd R.

Goodwin,2007-02-26 The Button Therapy Book is a practical cognitive counseling manual for mental health professionals and a psychological self help book designed to Help you identify modify and eliminate your Buttons that trigger stress and distress in your life Help you identify potentially troublesome cognitions related to your thinking styles such as black and white thinking should messages such as I should do everything perfectly self defeating core beliefs such as I am a victim of life s circumstances and defense mechanisms such as denial and rationalization Includes the Cognitive Self Assessment Inventory CSAI to help you identify your troublesome cognitions and Buttons Includes the Motivational States Inventory MSI to help you determine which of the six motivational states is associated with your Buttons that get pushed Help you determine which of the six centers of consciousness you are spending the most time in with the Centers of Consciousness Rating Scale CCRS in the Motivational States Inventory Teach you a portable Six Step Button Therapy Method to utilize anytime and anywhere you have a Button pushed which causes emotional distress Help you become more conscious aware loving and compassionate Improve your interpersonal relationships Facilitate your journey of personal and spiritual growth Early Acclaim for The Button Therapy Book Improve Your Quality of Life and Parenting Skills The Button Therapy Book has made an incredible difference in my attitude and my life I am able to relax more and don t get as uptight or angry as I used to I have always been a person who had my Buttons pushed fairly easily and now I understand how to identify my Buttons address them in a calm and loving way and most importantly get rid of them I ve also been able to take the information given in the book and pass it on to my children to help them overcome their Buttons Dr Goodwin gives the reader all the tools they need to live happier healthier lives starting immediately I highly recommend this book it is a must for any person who is interested in improving his or her quality of life and getting rid of those buttons Jodie Wilkerson from Greenville NC Get Ready to Unbutton and Be Free Button Therapy a MUST HAVE for any mental health professional and or the lay person I have found many insights in this book and I have recommended it to just about everyone I know I think that Dr Goodwin has

hit the button on the head and has loosened its thread with his insightful caring explanation of our Buttons and how to deal with them I find myself referring to it regularly in my business Thanks Lloyd I am happier my clients are happier and we all understand others and ourselves better now that we have read your book We will all be looking forward to your next work

Suzanne Osborne Ph D Clinical Psychologist Forensic Psychologist Criminal Profiler Counselor from North Myrtle Beach SC

A Model for Personal and Spiritual Growth The Button Therapy Book is a creative synthesis of Eastern and Western models for personal and spiritual growth An incredible compilation and synthesis of psychological self help techniques You would have to read 10 books to get the information and number of self help techniques presented in this book I've personally benefited from applying this practical six step self help model to some of my Buttons The chapter titled 30 Seeds for Your Mind's Garden is worth the price of this book alone The 30 Seeds are guidelines that have been helpful in my journey of personal and spiritual growth Planting these life enhancing seeds into the gardens of our minds enables us to become more conscious aware loving and compassionate This is simply the best psychological self help book I've ever read I've already recommended this book to my friends

An excellent read Patricia Pollard M P A Administrator from Health Sciences Personnel Brody School of Medicine East Carolina University Greenville NC

Button Therapy Book Good for Self Helpers and Professionals Goodwin has written a very readable book which includes a thorough compilation of respected authors therapists and philosophers Those views augmented with his many years of counseling experience provide a useful theoretical and practical book for both the mental health professional as well as the individual seeking a good self help reference and guide including inventories in the appendix

Stephen K Creech Ph D Mental Health Professional and Musician from Winterville NC

Button Therapy I was excited to see three decades of counseling theories approaches and strategies in mind body therapy brought together in one resource that is readable and accessible for either the lay reader or counseling professional This book is unique because it combines psychological research with very usable self assessments and self help techniques that can be applied in the real world The element that I found most helpful are the 30 Seeds for Your Mind's Garden in Chapter 21 This presents a summary and cognitive guideline of living life most effectively to its fullest potential

Mark Stebnicki Rh D LPC CRC CDMS Professor and Director Rehabilitation Counselor Education Program East Carolina University Greenville NC

A Fantastic Book A super way to learn how to deal with all the Buttons and Button Pushers in your life Learn to be a happier healthier and hopefully a better person all around

Ned Petrak Financial Advisor Goldsboro NC

CONGRATULATIONS Congratulations Dr Goodwin You've done a wonderful job I like the holistic nature of this cognitive behavior therapy model The vast majority of clients I have worked with see themselves as pawns in this world being blown from one situation to the other with minimal control They often experience their emotions and actions as responsive to external forces rather than behavioral choices over which they have control The Button Therapy Book teaches that the locus of most situations is internal and therefore under our control Most of us are spiritually empty I am very positive that they will

be able to fill that spiritual void by reading The Button Therapy Book I will recommend this book to any mental health professional I know Agyenim A Boateng M S CRC CCAS LPC Mental Health Professional from Pinehurst NC An Excellent Guide To Feeling Good The Button Therapy Book provides techniques that will immediately lift your spirits and help you develop a positive outlook on life Everyone has Buttons and Button Pushers Dr Goodwin provides a framework to recognize the cognitions i e thoughts beliefs etc attached to Buttons that produce negative results Through the 21 Button removal strategies described in the book empowerment is accessible A great tool box for those working in the mental health field as well as for anyone seeking personal growth If you have the desire to dance to the music of the universe instead of dancing every time somebody pushes your Buttons buy it read it you deserve it Sharon Williams from Washington NC Tired of Getting Your Buttons Pushed The Button Therapy Book is an excellent life enhancement manual I highly recommend it Its foundations are based on the teachings of Buddha Jesus Christ and Ken Keyes Jr The Button Therapy Book also nicely wraps up the best of the best literature from prominent psychologists philosophers and modern day shamans The fewer Buttons

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 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 **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 *Surgery and Its Alternatives* Sandra A. McLanahan,David J. McLanahan,2002 Provides a discussion of both surgical and alternative approaches to an array of medical issues revealing the pros and cons of various anesthetic and surgical options and describing more than two hundred procedures **Theatre and the Good** Mark Fearnow,2007 Theatre and the Good examines the roots of theater from an anthropological perspective as well as theaters 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 **Loveability** Robert Holden, Ph.D.,2014-06-02 Love is your destiny It is the purpose of your life It is the key to your happiness and to the evolution of the world Loveability is a meditation on love It addresses the most important thing you will ever learn All the happiness health and abundance you experience in life comes from your ability to love and be loved This ability is innate not acquired Robert Holden is the creator of a unique program on love called Loveability which he teaches worldwide He has helped thousands of people to transform their experience of love Love is the real work of your life says Robert As you release the blocks to love you flourish even more in your relationships work and life In Loveability Robert weaves a beautiful mix of timeless principles and helpful practices about the nature of true love With great intimacy and warmth he shares stories conversations meditations and poetry that have inspired him in his personal inquiry on love Key themes include Your destiny is not just to find love it is to be the most loving person you can be Self love is how you are meant to feel about yourself It is the key to loving others When you think something is missing in a relationship it is probably you Forgiveness helps you to see that love has never hurt you it is only your misperceptions of love that hurt The greatest influence you can have in any situation is to be the presence of love **Interpersonal Communication** Michelle Burch,2004-08-31 **Parenting for Peace** Marcy Axness,2012-01-30 If we really want to change the world let s raise a generation hardwired for peace and innovation Marcy Axness details a unique seven step seven principle matrix for helping children achieve self regulation self reflection trust and empathy These qualities are the result of dynamic interactions between genetics and environment beginning before the child is even born foundations for this level of health begin forming during the prenatal period and some aspects of optimal development are influenced as early as conception **The Emotional Revolution** Norman E. Rosenthal,2003 Feel Better Live Better Scientific discoveries are unlocking the mysteries of our emotional lives Every week brings us new information on

the environmental hormonal genetic and chemical factors that affect our feelings and an ever expanding repertoire of methods to manage specific emotional conditions But how can we apply this cutting edge research to our own lives In *The Emotional Revolution* Norman E Rosenthal psychiatrist researcher and specialist in the fields of psychopharmacology and psychobiology offers a comprehensive guide to these exciting breakthroughs He explores the latest findings about the body mechanisms that create emotions and why our feelings can sometimes go out of control He also offers simple self help strategies and evaluates dozens of the newest treatments both traditional and alternative that can help with everything from depression and addiction to anxiety and excessive anger Here is fascinating up to the minute information you won t find in any other single resource including Clues to the biological basis of monogamy A new link between depression and heart disease and what this means for the treatment of both conditions How simple patterns of eye movements can help alleviate painful memories How taking a commonly used blood pressure medication can help you cope with trauma How lying in the dark releases a hormone that can alleviate anxiety and craving The surprising health benefits of friendship and religion The deadly dangers of anger The health promoting powers of love The first book to combine scientific research with prescriptive guidelines for the general reader *The Emotional Revolution* is your guide to understanding the complexities of human feelings and improving your life A well researched clearly written and absorbing book Highly recommended for anyone who s ever seen a psychiatrist or who hasn t Dean Hamer Ph D author of *The Science of Desire* Norman E Rosenthal M D is Clinical Professor of Psychiatry at Georgetown University A practicing psychiatrist Dr Rosenthal has been listed in *The Best Doctors* in the U S For twenty years he was a senior researcher in psychiatry and psychobiology at the National Institute of Mental Health He has appeared on 20/20 CNN National Public Radio *The Today Show* CBS Morning News and Good Morning America Dr Rosenthal lives and practices in Rockville Maryland Visit his Web site at www.normanrosenthal.com

Luminous Life Jacob Israel Liberman, 2018-01-22 *Let Light Guide Your Life* The most important things in life are our health and happiness Yet most of us are neither healthy nor happy We have been led to believe that if we think ahead and make the right choices we can manifest our dreams Yet despite our best efforts we still have more disease and discontent than ever before Is it possible that our essential ideas about life are flawed We are all aware of the impact of sunlight on a plants growth and development But few of us realize that a plant actually sees where light is emanating from and positions itself to be in optimal alignment with it This phenomenon however is not just occurring in the plant kingdom humans are also fundamentally directed by light In *Luminous Life* Dr Jacob Israel Liberman integrates scientific research clinical practice and direct experience to demonstrate how the luminous intelligence we call light effortlessly guides us toward health contentment and a life filled with purpose *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 **The 7 Best Things Happy Couples Do...plus one** John Friel,Linda D. Friel,2010-01-01 Psychologists and best selling authors John and Linda Friel have written an enormously readable and infinitely practical book that delves into what makes a relationship enduringly successful Wherever readers are in their own relationships this book can improve those relationships dramatically bringing them immediate and lasting benefits In the tradition of their bestseller The 7 Worst Things Good Parents Do the authors examine the behaviors that happy effective couples display continually After careful investigation the Friels synthesized years of clinical work into a manageable list of the most significant patterns of behavior couples must address and embrace if they want to become truly great couples Recognizing that other patterns and behaviors certainly do exist when patients come the Friels for help the core issues illustrated in this book are discussed as the couples move boldly toward improving their relationships with consistently outstanding results The authors found that they had not seven but eight key items to identify Here are a few Be Sexual Be Willing To Divorce Manage Your Fear Hurt Shame And Loneliness Own Your Part be responsible for creating a great relationship

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Table of Contents Love Survival The Scientific Basis For The Healing Power Of Intimacy

1. Understanding the eBook Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - The Rise of Digital Reading Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Advantages of eBooks Over Traditional Books
2. Identifying Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Personalized Recommendations
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy User Reviews and Ratings
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy and Bestseller Lists
5. Accessing Love Survival The Scientific Basis For The Healing Power Of Intimacy Free and Paid eBooks
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy Public Domain eBooks
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy eBook Subscription Services
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy Budget-Friendly Options

6. Navigating Love Survival The Scientific Basis For The Healing Power Of Intimacy eBook Formats
 - ePub, PDF, MOBI, and More
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy Compatibility with Devices
 - Love Survival The Scientific Basis For The Healing Power Of Intimacy Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Highlighting and Note-Taking Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Interactive Elements Love Survival The Scientific Basis For The Healing Power Of Intimacy
8. Staying Engaged with Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Love Survival The Scientific Basis For The Healing Power Of Intimacy
9. Balancing eBooks and Physical Books Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Love Survival The Scientific Basis For The Healing Power Of Intimacy
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Setting Reading Goals Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Fact-Checking eBook Content of Love Survival The Scientific Basis For The Healing Power Of Intimacy
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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

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