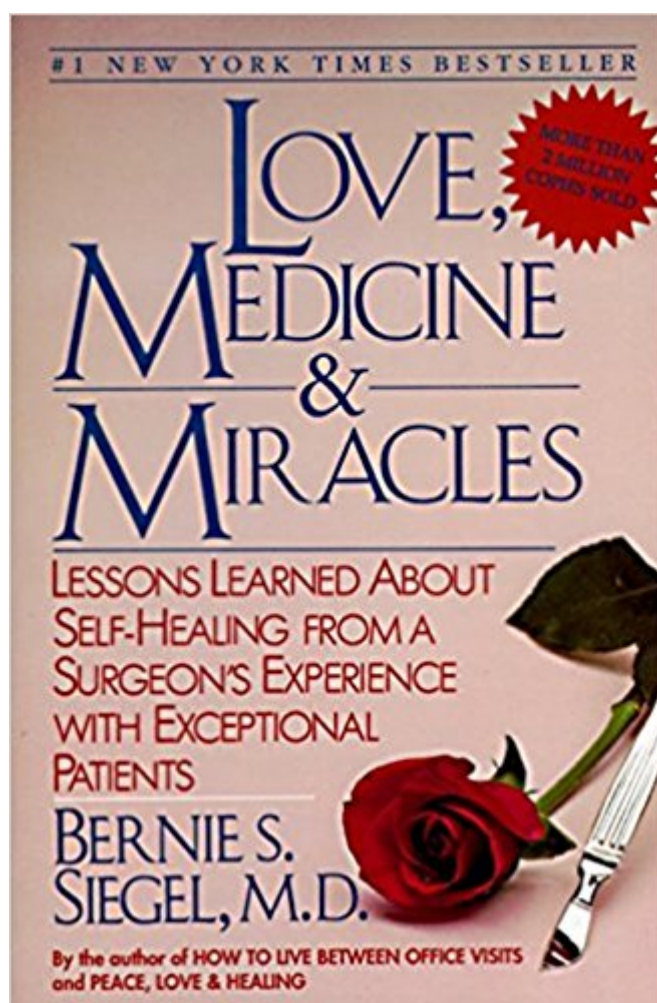


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# Love, Medicine And Miracles: Lessons Learned About Self-Healing From A Surgeon's Experience With Exceptional Patients



## Synopsis

Surgeon Bernie S. Siegel gives an inspirational, first-hand account of how patients can participate in their own recovery. Unconditional love is the most powerful stimulant of the immune system. The truth is: love heals. Miracles happen to exceptional patients every day "patients who have the courage to love, those who have the courage to work with their doctors to participate in and influence their own recovery.

## Book Information

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## Customer Reviews

Siegel, a New Haven surgeon, believes that the power of healing stems from the human mind and will, that his scalpel only buys time against cancer, and that self-love and determination are more important than choice of therapy. His philosophy has caused radical changes in his practice. Siegel recounts many arresting anecdotes: joyous stories of patients who survived against all odds, sad chronicles of those who seemingly gave up and assented to their own deaths. The author's credentials make this one of the more plausible books on the mind-body connection. For most public libraries and holistic health collections. Judith Eannarino, George Washington Univ. Lib., Washington, D.C. Copyright 1986 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"Run, don't walk, to the nearest bookstore and get this amazing book that explains how you can 'think' yourself sick or well...Every family should have a copy. It can be a lifesaver." -- Ann Landers

Any book on any medical subject, written by Bernie Siegal, would be a positive addition to my reading list. Being in the medical field, I knew much of his views on this subject; in fact, I had a personal lesson in Meditation by Benson who has done amazing work in this field. What makes this book particularly appealing is the articulate way in which Dr. Siegal presents his hypothesis...it is very easy reading. I know of many cases of spontaneous reversals in cancer patients; clearly, a positive attitude helps in the treatment of many diseases. Its hard to know for sure if it is the cause or effect of these reversals. I would like to see more scientific evaluations of this notion. But, for anyone dealing with this monstrous disease, I would strongly recommend reading this. It is loaded with good information, and at the very least it is a good idea to have a positive attitude about life since none of us knows exactly when it will end.

Confronting his own powerlessness, this surgeon explores the mystery of health vs illness by interviewing countless survivors of life-threatening diseases. This uplifting collection of anecdotes leads him to the discovery of similarities and differences in the remarkable journeys back to health that have confounded science. What he found was that as patients heal their lives, it sometimes heals their bodies, but it always enriches their experience of living.

I first read this book in late 1987 or so. It was memorable and stuck with me through the years. Last year a family member was diagnosed with a fast-progressing and fatal illness. I got the inspiration to re-read Bernie myself, and then sent the book to my sick family member and a few people in his immediate family. Irrespective of your personal religious or spiritual beliefs (or the lack thereof), this book will help you and any loved one through any medical crisis you are facing. Bernie's insights as a doctor, particularly with respect to the process of how a body dies, and how the individual may react to the process of dying, are invaluable, Bernie is both brilliant and compassionate. His writing is gentle and sometimes even humorous, but it is always impactful.

I discovered this book in the late 1980s after my Dad's death from colon cancer. What I love about Bernie Siegal is that he does not recommend a particular cancer treatment. He writes about a way to view oneself. In the days when he began to change the way he saw his patients, passivity was the norm for those with life threatening illness. One was encouraged to merely do as the doctor said, not ask questions, and die quietly. I have now been a healthcare worker for well over 30 years, and I am seeing a resurgence of this attitude among institutions. Today's idea is to see the "patient" as a "customer" and to sell fear, (as I see it). We've turned back to encouraging passivity. The

lifesaving measures for you or your loved one may be inside the walls of a healthcare facility, or maybe not. ASK QUESTIONS! On the other hand, that alternative practitioner could be preying upon the uninformed. ASK QUESTIONS. What I see as important about what Bernie is saying is that you must find out how you "see it", rather than buying whatever we (mainstream or alternative) have to sell you. The best way to survive the medical maze is to participate in your recovery, in your very life. Your specific answers are not here, but ways to seek them are indeed inside this volume. Bernie's writing is enlightening and positive, though not in a simplistic "put on a smile" way. I believe this is a must read for those living with cancer and for their families. A supposedly scientific study stated that positivity does not statistically improve survival rates. Who gives a damn? I, personally, would rather have a short, happy life than a long, miserable one. When I come near death, joy is what I want for myself and for my family.

This is one of the most important books that I have ever read. I am an RN and have worked in the operating room for many years. This book is written by a surgeon and it is a life-changing message. I highly recommend it to healthcare people and to people who have life-threatening illnesses. It is a wonderfully kind book that encourages freedom and gives hope.

This book outlined what exceptional cancer patients, those who got involved in their care and never gave up, could accomplish far outside the realm of traditional medicine. Hand in hand with an oncology doctor, these true believers helped their bodies heal. And that's what's happening to me right now. I'm healing remarkably - and feel immensely hopeful that my lung cancer is gone for many more years.

Having spent time with dying friends, I found this to be an encouraging, cheerful book. I appreciated the positive emphasis on attitude, and also the information about saying goodbye to a dying person, giving that person permission to leave. Also, I appreciated how much the author revealed of his own feelings about death and dying.

I first read this book in 1995 when I was diagnosed with prostate cancer. Bernie (his book invites you to address him as such) provides a great deal of guidance and comfort in how to deal with such a diagnosis and what follows. Reading this book made me feel much more comfortable with having cancer and more proactive in how I dealt with my medical providers. I was able to feel somewhat in control, despite the diagnosis. I would recommend it as a read or a gift for anyone diagnosed with

cancer.

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