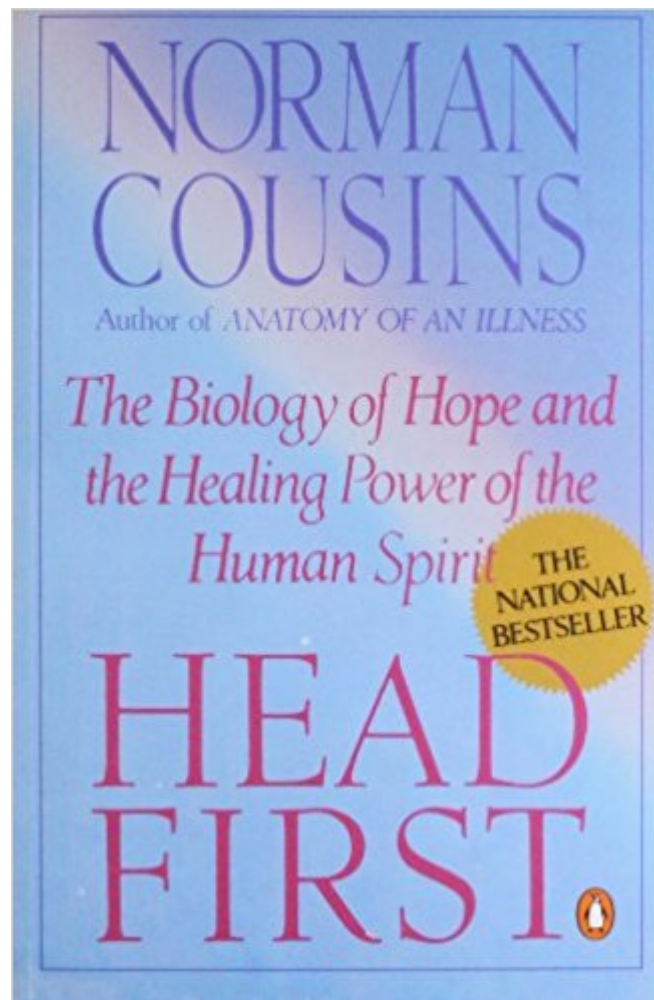




Ebook Directory
the best source of ebook

The book was found

Head First: The Biology Of Hope And The Healing Power Of The Human Spirit



Synopsis

"An eloquent plea for two needed emphases: more humane doctor-patient relations, and greater patient involvement in the struggle with disease."—Melvin Konner.

Book Information

Paperback: 384 pages

Publisher: Penguin Books; 1 edition (December 1, 1990)

Language: English

ISBN-10: 0140139656

ISBN-13: 978-0140139655

Product Dimensions: 5.1 x 0.9 x 7.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 13 customer reviews

Best Sellers Rank: #397,219 in Books (See Top 100 in Books) #21 in Ã Â Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #1836 in Ã Â Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #2026 in Ã Â Books > Self-Help > Spiritual

Customer Reviews

Anecdotal research combines with scientific data in this effort to show that a positive attitude can aid the healing process. "Cousins's scrupulously detailed information makes the book invaluable," applauded PW. Copyright 1990 Reed Business Information, Inc.

Norman Cousins was a longtime editor of the Saturday Review and the author of eleven books on health and healing, among other works.

Any book by Norman Cousins is wonderful & this certainly didn't disappoint. A wonderful man with a strong belief in mind/body medicine which is a philosophy that has given me life & able to puzzle some medicos for many years. In my own books I have deemed it an honor for readers to mention Norman Cousins & my first book Six Months to Live in the same breath. Long may the memory of the late Norman Cousins live on

Too many medical doctors expect respect, appreciation, and complete compliance with their directives without making any real effort to relate to the patient. Relationship skills and attitudes the

doctor and patient bring to the matter being addressed make a difference in the outcome. Cousins makes that point very clear.

This story clearly explains the power of one's mind. Attitude towards one's illness is more important than many people realize.

I purchase and give this book whenever I have a friend that has been diagnosed with cancer. It helped me focus on what was important during my own recovery from non-Hodgkins lymphoma (1991), Great writer and individual who put his money and time to follow and implement what his principles were.

because it is a very important book. Its contents and concepts have a very important message it is very well written

Very good

Everything is perfect thanks

I was more looking for the essence of Cousins philosophy and any new research. This book is more Like "Norm's adventures at Med School". I should have just read the first book. I think Cousins has stretched two books worth of material into about 8 books and this one is not what i was looking for.

[Download to continue reading...](#)

Head First: The Biology of Hope and the Healing Power of the Human Spirit Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Crystal Healing: Simple Guide To Understanding The

Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Human Biology in Papua New Guinea: The Small Cosmos (Research Monographs on Human Population Biology) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1) Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit – Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) Nursing: Human Science And Human Care (Watson, Nursing: Human Science and Human Care) Living with Depression: Why Biology and Biography Matter along the Path to Hope and Healing Young Scientists: Learning Basic Biology (Ages 9 and Up): Biology Books for Kids (Children's Biology Books) Developmental Biology, Ninth Edition (Developmental Biology Developmental Biology)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)