



Why People Don't Heal and How They Can

By Caroline Myss

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For more than fifteen years, Caroline Myss has studied why some people heal, while others do not. In her previous book, **Anatomy of the Spirit**, Dr. Myss illuminated the hidden interactions of belief and body, soul and cell to show how, as she inimitably puts it, "your biography becomes your biology." In this new book, she builds on her earlier teachings of the seven different energy centers of the body to provide a vital self-healing program for physical and spiritual disorders. With her characteristic no-nonsense style and high-voltage storytelling, she exposes and explodes the five myths about healing, explains the cultural and individual contexts in which people become physically and spiritually ill and invested in "woundology," and teaches new methods of working with the challenges that the seven energy centers embody.

Both visionary and practical, **Why People Don't Heal and How They Can** presents a bold new account of the development of human consciousness and spirituality over the ages, and examines the dynamic global transformation of attitudes about healing. To help you get and stay on the path to wellness, Dr. Myss provides rituals and prayers for gaining a symbolic perspective on your life issues; for bolstering your personal power; and for connecting with a universal divine energy. Dr. Myss's breakthrough views on energy medicine and her active approach to healing life issues and physical illness will help you overcome the mental blocks that keep you from becoming well.

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Editorial Review

Amazon.com Review

A woman tells you, within minutes of meeting her, that she's in a support group for incest victims. In theory, this woman is trying to recover from her childhood trauma, but in reality, Caroline Myss writes, she's one of a growing army of people who practice "woundology," the use of their pain and suffering to manipulate those around them. Myss first noticed this phenomenon in the late 1980s, and began to analyze why so many people seemed to choose to carry such painful problems so proudly through life, to define themselves by the awful things that had happened to them. She offers a program to use "symbolic power"--a deep, spiritual insight that surpasses any conjured by the conscious mind--to craft a genuine conclusion to the illness or injury.

From Library Journal

Myss is a medical intuitive, a person who "sees" illnesses in the body by intuitive means. Here she writes about healing, the various attempts people make to do it, and why they get "stuck." A global thinker, Myss looks at the entire civilization and at "astrological ages" when discussing healing. She also explains the influence of chakras and astrological ages on healing. At the heart of the book is Myss's challenge to five myths that stand in the way of healing: My life is defined by my wound (perhaps the most original concept here); being healthy means being alone; feeling pain means being destroyed; all illness is the result of negativity; and true change is impossible. Myss believes that giving up these myths leads one closer to healing. Many will think her concepts too far out to be of use; others will see her as visionary. The latter will be looking for this book wherever New Age titles circulate well. ?Barbara O'Hara, Free Lib. of Philadelphia Copyright 1997 Reed Business Information, Inc.

Review

"Caroline Myss is a rare genius... Her practical vision of human energy and healing will give you an entirely new level of consciousness about your body, mind and spirit" -- Joan Borysenko, Ph.D, author of MINDING THE BODY

Users Review

From reader reviews:

Grace McClellan:

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