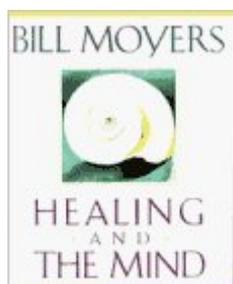


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# Healing And The Mind



## Synopsis

In the best-selling companion volume to the PBS series, acclaimed television journalist Bill Moyers explores the fascinating, complex, powerful connection between mind and body in human health. Ancient medical science told us our minds and bodies are one. So did philosophers of old. Now, modern science and new research are helping us to understand these connections. In *Healing And The Mind*, Bill Moyers talks with physicians, scientists, therapists, and patients -- people who are taking a new look at the meaning of sickness and health. In a series of fascinating and provocative interviews, he discusses their search for answers to perplexing questions: How do emotions translate into chemicals in our bodies? How do thoughts and feelings influence health? How can we collaborate with our bodies to encourage healing? With the incisive style that has made Bill Moyers's skills as an interviewer legendary, *Healing And The Mind* is destined to influence how America thinks about sickness and health. Full -color and B & W photographs throughout.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (21 customer reviews)

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## Customer Reviews

With the sad state of health care in this country, Bill Moyers' engaging series looks to be quite prophetic 10 years after it first aired. As a casual observer of illness my whole life, I firmly believe that so much of what ails people is psychosomatic. Understanding how the mind works will be crucial in health care in the 21st century, as the model we currently have just isn't cutting the mustard. The book is a nice companion to the series, but the video of the Chinese lady receiving brain surgery using only acupuncture as anesthesia needs to be SEEN to be fully appreciated. My

favorite video part is Jon Kabat-Zinn's use of meditation as a way of alleviating pain. I often show this Episode 3 to my classes and they are certainly fascinated. The book is a good place to start, but try to find the tapes at your local library also. P.S. Bill Moyers deserves some kind of national medal for his sustained excellence as a broadcaster!!!

This book, which stayed on the bestseller list for quite some time and is the companion book for the PBS special of the same name, sprang from Moyer's friendship with Norman Cousins, author of *Anatomy of an Illness* and from viewing his father's debilitating headaches that began after Moyer's brother died. Each chapter is an in-depth interview with various healers, some from Western traditions, some with interests in Eastern traditions. The quality of the interviews is sporadic; I felt that since Moyer's doesn't have a medical background that there were times better questions would have elicited a more interesting turn to the conversation. Some interviews will put you right to sleep unless comprehensive discussions of neuropeptides excite the heck out of you! The most informational interviews came from physicians speaking about their fears and admitting to the types of limitations and insecurities they experience in the course of practicing - and how these fears are never discussed with patients in case they should "get too close". For my purposes, the interview with Ron Anderson, CEO of Parkland Hospital in Dallas, Texas was particularly enlightening particularly his statement that "But as we shift to more chronic disease models, we've got to have people who are able to help take care of themselves when they go home. Chronic diseases have to be dealt with as illness in the community and in the family." (p.33) And I would add, in the workplace. I wouldn't purchase this book, but taking it out from the library for a quick skim would be fine.

The content of this book is a series of interviews with Moyers and top Professionals in the Medical field. Moyers asks very relevant questions from a skeptical position, the Medical Professional answer is informative as well as fascinating. You can see how the Medical Profession is beginning to change its line of thinking with regards to healing the complete aspect of the Patient, not just the symptoms of the illness or disease. The human being is a complex mixture of emotions and statistics. In fact the Doctors are realizing they are also members of the human race. All this goes into the mix of a new era of caring being introduced today that benefits both the Doctor and the Patient. Excellent reading.

Nothing new here, since it's old conversations many of which I had already heard; but it's fun to find

contemporaries in the book and look back at what was so important to us in those days. Bill Moyers always carried on top-notch conversations on deep topics.

I had the cassette set in the late 90s. I thought it was excellent and loaned it to someone. Well you know how that goes...couldn't remember who I loaned it to. Since I couldn't find an audio version I ordered the book. A friend saw my copy and wanted it as well so I gave it to her and ordered another for myself. It's an excellent read and I highly recommend it. In addition to a high recommendation I was very impressed by the quick service by the vendor and the used paperback was in excellent condition.

This book is a broad and deep examination of the body and mind connection. It steps into the factors that drive the mind and their effect on healing. Change the media and messages that your body receives and you will alter and speed the body's healing process. Chinese Traditional Medicine has long understood this relationship and utilized it fully. This is a series which is published on VHS by PBS. The video series and book are both wonderful gifts for Christmas or birthdays. Dr. Rebecca Stone

I love Bill Moyer and Love the concept of psychoneuroimmunology. That's enough! Wonderful book on this concept! I definitely recommend this book for anyone interested in learning more about this topic. It would be a great introduction.

This book was a Christmas gift for my daughters to share. I was completely drawn I and amazed when I watched Bill Moyer's original special of the same title, and bought the book. After having it and reading parts of it over the years, decided my girls should have their own copy.

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