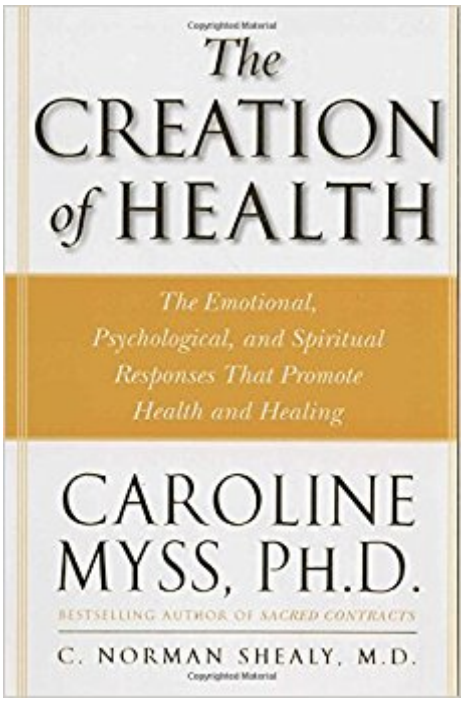
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The Creation Of Health: The Emotional, Psychological, And Spiritual Responses That Promote Health And Healing



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Synopsis

A collaboration between a traditionally trained physician and a medical intuitive, The Creation of Health illuminates the deep connection between emotional dysfunction and physical illness. It describes the role that emotional disturbances play in the most common diseases and ailments from the common cold to arthritis, diabetes, heart disease, and cancer.After providing an introduction to intuitive medicine and its history, method of diagnosis, and relationship to traditional medicine, Myss and Shealy detail the deeper emotional and psychic reasons why illness develops in the body. Dr. Shealy offers a traditional account of a particular disease or ailment, while Dr. Myss sheds light on the deeper causes through her corresponding energy analysis.Confirming the link between illness and emotion, The Creation of Health puts forth a groundbreaking vision of holistic healing.

Book Information

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Customer Reviews

Who can help asking "Why?" when they develop a disease? According to theologian and "medical intuitive" Caroline Myss, Ph.D., and co-worker C. Norman Shealy, M.D., who is a physician, neurosurgeon, and expert on pain and stress management, the answer goes further than a medical explanation. The Creation of Health explores the emotional, physical, and spiritual patterns that form health and the stresses that can cause disease. Myss identifies eight dysfunctional patterns that lead to illness. Being aware that "negative attitudes create negative responses within the physical body" allows you to make changes toward health after identifying your emotional, psychological, and spiritual stresses. The most interesting chapters discuss specific diseases in terms of lifestyle

factors, stress, and psychological patterns and energy factors, with case studies. A heart attack, for example, is "an explosion of energy attempting to break down an emotional barrier ... caused by warehousing fears and anger," says Myss. The authors alternate, rather than co-write, chapters and topics, so you know whose perspective you're reading. The theoretical sections are not easy reading, but the insights you can apply to your own health make the work immensely worthwhile. --Joan Price

Ã¢â ¬Å“The pioneering work of Dr. Shealy and Caroline Myss is the best way I know to learn the dynamics of the human energy system. Applying the principles . . . outlined in this book in your own life may be the most important thing you do for your health this decade.Ã¢â ¬Â• Ã¢â ¬â •Christiane Northrup, M.D., author of WomenÃ¢â ¬â„¢s Bodies, WomenÃ¢â ¬â„¢s WisdomÃ¢â ¬Å“An important book that addresses the crucial spiritual issues which lie at the root of many diseases. . . . Shealy and Myss provide a clear understanding of the reasons behind Ã¢â ¬Ëœdis-ease,Ã¢â ¬â„¢ as well as solutions that may heal the higher causes of illness.Ã¢â ¬Â• Ã¢â ¬â •Richard Gerber, M.D., author of Vibrational MedicineÃ¢â ¬Å“A critical primer on the creation of health for the new millennium.Ã¢â ¬Â• Ã¢â ¬â •Jean Houston, Ph.D., author of A Mythic Life and The Search for the Beloved

I began reading this at the library and had to buy it!The information is well presented, and an enjoyable read. As an holistic practitioner I appreciate the balance of information presented. The verbiage will come in handy when speaking to clients and uneducated public alike.Caroline puts the work into perspective as to clarify myths and connect the dots of information that is out there.Written with respect to both allopathic doctors and holistic healing modalities.Filled with truly wise words to remember.

This is an extraordinary book from two fantastic teachers, healers and authors. It is not frequent to read a book that presents an analysis of disease in such an holistic way, introducing a medical analysis and an energetic analysis. Also, it presents a very interesting approach to the creation of a really healthy life, again with sound sensible medical rules and advice together with the energetic, philosophic standards, so often forgotten in this world. A must-have for all healers and those interested in health issues.

Very well written, and confirms and extends my own conclusions about health over the years.A must

for every book collection, and for anyone who need to heal. Take responsibility for your health!You are a fool if you wait and rely on doctor's. It is great to have them, but your personal goal should be to never have to use them.This book will tell you how to achieve this.

this book was more interesting than some of her others. the case studies are curious and fascinating. i am a louise hays fan,so this book expanded the field . gives sound reason to make the mind-body connection!!

Awesome book, as are her other books. I usually learn ton from each one of them and this one is no exception. Great book on topics of how we create our health and also how we can heal. Its more then just what we eat, that's for sure....

A life changing book, Norm and Caroline working together is a very good combination of talent - the universe brought these two together for a reason. Consider yourself one of the lucky ones if you found them!

This book has very good information in it - very relatable to today's health issues.

One of the best books to read if you care for a happy and healthy life! Caroline and Dr. SHeally are the best combo, for humor, directness, no non-sense teachers. It's a treat to read this book. She says it exactly as it is, with lots of wisdom and facts.

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