

Mind Over Medicine: Scientific Proof That You Can Heal Yourself

By Lissa Rankin M.D.



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**A NEW YORK TIMES BESTSELLER
AS SEEN ON NATIONAL PUBLIC TELEVISION**

We've been led to believe that when we get sick, it's our genetics. Or it's just bad luck—and doctors alone hold the keys to optimal health. Therefore when Dr. Lissa Rankin's own health started to suffer, she turned to Western medical treatments, but what she found was that they not only failed to help; they made her worse. So she decided to take matters into her own hands. Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: a recognition of the body's innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. To better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years.

Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings, and beliefs can alter the body's physiology. She lays out the scientific data proving that loneliness, pessimism, depression, fear, and anxiety damage the body, while intimate relationships, gratitude, meditation, sex, and authentic self-expression flip on the body's self-healing processes. In this book, you'll find a radical new wellness model based on Dr. Rankin's scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life—spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships—so that you can create a customized treatment plan aimed at bolstering these health-promoting pieces of your life. You'll learn how to listen to your body's "whispers" before they turn to life-threatening "screams" that can be prevented with proper self-care, and you'll learn how to trust your inner guidance when making decisions about your health and your life. By the time you finish *Mind Over Medicine*, you'll have made your own Diagnosis, written your own Prescription, and created a clear action plan

designed to help you make your body ripe for miracles.

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Editorial Review

Review

“What a pleasure it is to see the next generation of physicians waking up to what I call real medicine—the kind that acknowledges our true power to heal and be well.”

— **Christiane Northrup, M.D.**, OB/GYN physician and author of the *New York Times* bestsellers: *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause*

“In this book, Lissa Rankin clearly states what many health care providers (not to mention patients) already know: the way our society’s physicians are trained, pressured, and overworked is in many ways inimical to the process of healing. In her life, her work, and her words, Dr. Rankin demonstrates a new way to combine the brilliance of modern science with the wisdom of the heart. Anyone who will ever need a doctor, and certainly anyone who will ever be a doctor, will be enriched and enlightened by her ideas. Just reading *Mind Over Medicine* is a genuinely healing experience.”

— **Martha Beck, Ph.D.**, author of *Finding Your Way in a Wild New World*

“Being my own inner physician for years means that I’m SUPER thrilled about Dr. Lissa Rankin’s brilliant new book, *Mind Over Medicine*. She marries intuition with science and shows us all our healing SUPERPOWERS, and how to live our lives this way. And, Lissa’s writing style is so exuberant and deep at the same time, it makes me feel like I can do handstands on the ocean!”

— **SARK**, author of 16 books, artist, and founder of PlanetSARK.com

“*Mind Over Medicine* modernizes age old messages of wisdom and makes them easier to understand and apply to modern day lifestyles. This book contains much wisdom in easy-to-apply lessons we can all learn from.”

— **Bernie Siegel, M.D.**, author of *Love, Medicine & Miracles*

“With humor, warmth, and compelling research, Dr. Lissa Rankin’s *Mind Over Medicine* begins to heal the most critical fracture of our time—the break between our mind, bodies, and spirit. When it comes to our physical and emotional health, we need to tap into our own wisdom and find our voices. Lissa’s passion and experiences make her the perfect guide for this journey.”

— **Brené Brown, Ph.D.**, *New York Times* best-selling author of *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*

“Lissa Rankin is a modern day miracle worker with a message the world needs to hear.”

— **Chris Guillebeau**, *New York Times* best-selling author of *The \$100 Startup*

“Dr. Lissa Rankin is a jet-powered force of vibrant health and happiness, for women in the world today. This book is vital. It is the first time a physician has written on behalf of the health of the whole body and soul of woman. She identifies the how to’s of optimum health in every aspect of a woman’s life. It is not only a must-read, it is an urgent, required read!”

— **Regena Thomashauer** (a.k.a. “Mama Gena”), author of *Mama Gena’s School of Womanly Arts*

“‘Body and spirit are twins: God only knows which is which,’ Swinburne wisely said more than a century ago. But for most of the twentieth century, the body has hogged the show. Now consciousness, mind, and

spirit are back in center stage in medicine. In *Mind Over Medicine*, Dr. Lissa Rankin shows why. This is a compelling, clear, and reader-friendly vision of where medicine and healing are headed, written by an expert medical insider who's been there. Buy two copies—one for you and one for your doctor.”

— **Larry Dossey, M.D.**, author of *Reinventing Medicine*, *Healing Words*, and *One Mind*

“WOW! Just wow! That is how I feel about Lissa Rankin’s work! Everything she says rings so true to me, and her voice, as a professional medical doctor, is just what is needed in today’s drug dependent society. Bravo, Lissa for having the courage to speak out and share your truth. This world needs more like you!”

— **Anita Moorjani**, *New York Times* best-selling author of *Dying to Be Me*

“An extraordinary, evidence-based look at the true impact of mindset and lifestyle on pain, disease, and vitality. An M.D. herself, Rankin takes on the establishment from the inside out, building a compelling argument for a new approach to health and healing that puts the patient in the driver’s seat. Prepare to have your mind blow . . . and your body healed.”

— **Jonathan Fields**, author of *Uncertainty* and founder of the Good Life Project

“A doctor championing mega-doses of introspection, love, and liberation. A route to health that includes your DNA and your heart’s desire? I’m in! Lissa Rankin sheds scientific and mystical light on our ability to self-heal. She is a doctor for those of us who know in our bones that vitality is ours for the making.”

— **Danielle LaPorte**, author of *The Fire Starter Sessions*

“In a world plying pharmaceutical solutions to all our problems, Dr. Lissa Rankin is an oasis of sanity. The deep attention and intimacy of her approach infuses medicine with intuitive insight and turned-on vitality. Lissa redefines healthcare, calling us to activate our own power in service of true well-being—I’m in!”

— **Nicole Daedone**, founder of OneTaste and author of *Slow Sex: The Art and Craft of the Female Orgasm*

“This book is a wonderful, practical guide to heal yourself and stay positive. Dr. Rankin has compiled pertinent scientific research to support the incredible wisdom behind making healthy life style and attitude changes to enhance your health and vibrance. She honors mind, body, and spirit in the healing process.”

— **Judith Orloff MD**, author of *Emotional Freedom*

- From Publisher's Weekly:

“Recent diatribes against the forthcoming DSM-5 have called for medical professionals to put down the book from time to time and look patients in the eye. Rankin takes it one step further and tells folks to look inside themselves to heal themselves, both mentally and physically. After years of working in a traditional medical setting and dealing with her own failing health, Rankin undertook extensive research into the medical literature of the past 50 years and discovered the true power of an optimistic outlook on the body’s ability to heal itself. But it’s difficult work being an optimist- it requires faith in one’s ability to heal, and it necessitates a serious attitude adjustment. As such- and always with the skeptics in mind- Rankin walks readers through self-assessment techniques, methods of self-diagnosis, and how to plan a “prescription” for going forward. She does not dismiss the benefits of modern medicine; rather, she urges patients and health care providers to seek mind and body solutions in order to secure the best care possible. Rankin’s insightful and compassionate treatise may not convince everyone, but it’s a refreshing alternative to a handful of pills.”

About the Author

Lissa Rankin, M.D., is a physician, author, speaker, teacher, and founder of the Whole Health Medicine

Institute. She is passionate about what lies at the intersection of science and spirituality and is committed to awakening consciousness not just in the field of health care, but in how we align with our soul's purpose in all aspects of our lives. Lissa teaches several teleclasses, including *Medicine For The Soul*, *Find Your Calling*, and *Visionary Ignition Switch*. Her next book, *The Fear Cure*, will be published in 2015. She lives in California with her daughter. LissaRankin.com.

Users Review

From reader reviews:

Jenni Roberts:

What do you with regards to book? It is not important along? Or just adding material if you want something to explain what the one you have problem? How about your time? Or are you busy man or woman? If you don't have spare time to try and do others business, it is make you feel bored faster. And you have extra time? What did you do? Every individual has many questions above. They must answer that question due to the fact just their can do which. It said that about book. Book is familiar in each person. Yes, it is right. Because start from on pre-school until university need this *Mind Over Medicine: Scientific Proof That You Can Heal Yourself* to read.

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Penny Stout:

A lot of people always spent all their free time to vacation or maybe go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a guide. The book *Mind Over Medicine: Scientific Proof That You Can Heal Yourself* it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to create this book you can buy typically the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not very costly but this book offers high quality.

Paul Kennedy:

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