



Your Body Believes Every Word You Say: The Language of the Body/Mind Connection

Barbara Hoberman Levine, Bernie S. Siegel (Contributor)

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Barbara Levine's struggle with a then-inoperable brain tumor led her to discover "seedthoughts" and "core beliefs" that link one's mind and body. She traced common phrases like "that breaks my heart" and "it's a pain in the butt" to underlying beliefs on which they are based and the symptoms they cause. The revised and updated edition clearly describes this mind/body language link.

Your Body Believes Every Word You Say: The Language of the Body/Mind Connection Details

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From Reader Review Your Body Believes Every Word You Say: The Language of the Body/Mind Connection for online ebook

Marcia Conner says

The single most highlighted book on my shelf.

Salina Christaria says

The author's 15-year struggle with a brain tumor lead her on an in depth investigation into how our core beliefs affect our physical bodies. Offering compelling evidence showing that the mind and body are functionally inseparable, she encourages the reader to become an active participant in their healing through the thoughts they think and the words they say. What surprised me was how it's not just about what I tell my body, but what my body is trying to tell me!

Storystitcher says

I got to chapter 7 and just couldn't finish it. I am not denying that our thoughts and feeling don't have physiological effects on us, but there seems to be a lot more correlation here than causation. Not sure why she muddied in so much bible drizzle to what is deemed a science topic. Dr. John Sarno is a much better read.

Helen Southall says

Excellent self-help book. Really shows the mind-body connection

Kandace Thomas says

If you are curious about the mind-body-spirit connection, or know that it exist and want to learn more, pick up this book. Depending on what you know/understand, this book will be eye-opening or a good reminder to you about what you think, what your energy is like, and how that impacts your body and spirit.

Nancy says

It is somewhat outdated, but the gist of the book is helpful. I practiced Internal Medicine and came to believe that the only people I ever "healed" were the ones who believed in the medical practice that I gave. In other words, I think it is the patient's belief that heals them or does not heal them. And we are constantly giving our bodies messages that are contrary to our goal of good health. I think it can help the process of healing

and staying healthy to actively work on giving the right messages to our bodies. It is tricky to say this, as we humans are quick to blame ourselves for negative happenings in our lives. We all die, and should keep that in mind. We also all have this body that wears out. The key is to accept what happens, and then try to live your best while accepting we don't have complete control over these things.

Nicole Silvester says

Incredible book. I have read this same concept in other books but it was presented from a different angle. Barbara Levine has put together an easy to read, clear and concise book about the body's ability to heal itself. Before you write it off as some mumbo jumbo, know that she isn't saying don't go to a doctor. These tools are to be used in conjunction with medical advice. It is about cultivating positivity in life. Being grateful for what you have and for where you are in life regardless of the circumstances. Lots of great exercises to assist you in this direction.
