



## **The Healing Self: A Revolutionary Plan for Wholeness in Mind, Body, and Spirit**

*Deepak Chopra , Rudolph E Tanzi*

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**After collaborating on two major books featured as PBS specials, *Super Brain* and *Super Genes*, Chopra and Tanzi now tackle the issue of lifelong health and heightened immunity.**

In the face of environmental toxins, potential epidemics, super bugs, and the aging process *The Healing Self* offers a unique "whole system" approach that integrates mind and body into one entity. Only by getting past the artificial division between mind and body can personal, holistic healing become real. In our fast-paced and ever-changing world, the burden of healing rests on the individual making the right lifestyle choices every day. Chopra and Tanzi want to guide us to make the best decisions possible and they offer a cutting-edge, Seven-Day Action Plan which allows the reader free choice to develop a personalized path to self-healing.

Besides this unique feature, *The Healing Self* prioritizes two factors--stress and inflammation--that are emerging as crucial to lifelong health and well-being. A host of chronic disorders like hypertension, heart disease, type 2 diabetes, and much more, are known to take years and sometimes decades to develop before the first symptoms appear. The medical system isn't set up to attend to chronic low-grade inflammation or the everyday stresses that take their toll over a lifetime. Therefore, learning the secrets of self-healing is mandatory; otherwise, each of us is gambling with our very future.

Chopra's inspiring prose and Tanzi's experience as the world's leading researcher in brain health and Alzheimer's disease make for a unique combination of knowledge and wisdom. *The Healing Self* is a high point in a partnership that has benefitted millions of people to date. It is destined to be a landmark book in the growing movement of self-care and lifelong wellness.

## **The Healing Self: A Revolutionary Plan for Wholeness in Mind, Body, and Spirit Details**

Date : Published January 30th 2018 by Harmony

ISBN : 9780451495525

Author : Deepak Chopra , Rudolph E Tanzi

Format : Hardcover

Genre : Nonfiction, Health, Self Help, Spirituality



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## **From Reader Review The Healing Self: A Revolutionary Plan for Wholeness in Mind, Body, and Spirit for online ebook**

### **Sara floerke says**

As with SuperGenes, The Healing Self is research based and full of helpful ways to change life. Holistic. Chopra convinces me (and encourages me with practical, pursuable ideas) that wholeness is worth the effort.

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### **Louis says**

Saw the authors on a PBS special, during a pledge week. Enjoyed it enough to request the book from my local library.

Very good information in the book. It's the type of book I wish I owned, to savor and return to over time. But very good in this limited time I've had it.

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### **Cameron says**

Bad read. This book made little to no sense. I got about 2 hours in and decided my mental health would be better if I stopped. To be fair I think it's me, not the book.

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### **Judith says**

Bodymind wholeness is key to full health and well-being. A weekly plan to "do" and "undo" habits, awareness, beliefs that contribute to healing and enhancing immunity: Anti-inflammation diet; stress reduction; anti-aging; stand-walk-rest-sleep; core beliefs; non-struggle; evolution - to spiritual awareness and enlightenment. (First four are practical and relatively easy to maintain).

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### **Anne says**

This is the most comprehensive, detailed, and ultimately helpful book on taking care of our bodies, minds, and spirits, that I have ever come across. If you think you already know how and why to eat better, get enough sleep and exercise...etc... then this book will only serve to deepen your enlightenment and motivate you towards greater inner and outer healing.

The book is divided into two parts. The first part, called "The Healing Journey," covers what it means to be on a journey towards healing our bodies, minds, and spirits. There is lots of scientific data and research represented here but it is immensely fascinating and easy to read, understand, and absorb. The second part is "A 7-Day Action Plan," where all the information from the first part is broken down into do-able action steps for a full week.

If everyone read this book and applied even half of the helpful, practical suggestions, we would all be living much healthier, happier lives!

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### **Mala Ashok says**

When you read a book that influences your behaviour for the better, it is definitely worth reading with a lot of attention. Deepak Chopra and Rudolph Tanzi's book was really good. I must confess that the first part was too technical and I found it tough to read. I am glad, however, that I persevered because the second part which gives a prescription of Do's and Undo's for each day of the week was really inspiring and has made me give up a lot of bad habits and adopt good ones instead. A keeper.

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### **Sharon says**

Another great Deepak Chopra book! There was so much good information that I will need to read it again!

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### **Jess Macallan says**

This is a well-written book on the topic of creating and maintaining awareness of your body and mind (or "bodymind" as the authors refer to it) and supporting your health. Part 1 focuses on various stories and research to educate readers on topics like the power of love, the damage stress can do, the placebo effect, how beliefs impact our health, and more. Part 2 offers actionable steps readers can take to improve their health. What I appreciated most about this book is that the actionable steps focus on one topic each day of the week--Anti-inflammation Diet, Stress Reduction, Anti-aging, Stand Walk Rest Sleep, Core Beliefs, Non-struggle, and Evolution. Each day is broken down into a list of Dos and Undos and readers are encouraged to pick just one idea to focus on, which offers a simple plan to follow without being overwhelming.

Some of the nutrition advice is questionable (not all experts would agree with the authors' recommendations on fat and coffee). I also wish they would have addressed the unique stress and health issues faced by caregivers, which was mentioned only briefly in the section on telomeres.

Overall I'd recommend this book to readers who appreciate a Buddhist mindset, or who are ready and willing to improve health through mindfulness-based practices.

I received an e-copy via NetGalley in exchange for an honest review.

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### **Nancy says**

#### **A Whole System Approach to Healing**

Two of the most pervasive killers and two of the most difficult to control are stress and inflammation. Chopra and Tanzi present a well researched approach to using your mind and body, or mindbody, to heal yourself from these afflictions.

Today's world is filled with situations that raise your stress level from traffic to despair over the world situation. In this book the authors discuss what stress is and how to move from being controlled by external stress to using your inner resources to take control of your life. Inflammation is another killer. From the American diet, heavy on sugar, fat and refined grains, to the polluted air we breathe most of us are hurting ourselves with high levels of uncontrolled inflammation.

The authors present a chapter on each of these major health concerns along with suggestions for how to get your stress and inflammation levels under control. In addition to the these two major topics, other aspects of health and wellness are discussed. The book also offers a seven day plan aimed at moving from debilitating habits and beliefs to better health.

I highly recommend this book to anyone interested in healing and maintaining awareness of the fact that our minds and bodies are integrally connected. The interaction is much more important than most of us realize and can lead to health or wellness. The choice is in how each person interacts with their environment both internal and external.

I received this book from Blogging for Books for this review.

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### **Trish Gannon says**

#### **The Healing Self**

This book seems to be missing more content. Not as dense and informative as Chopra's other works. Content not that new or intriguing to me. Repetition of many common recommendations re-packaged: Mediterranean diet, don't smoke, etc.. Also, a very abrupt ending. Not even a paragraph of real conclusion. The tactic of choosing a daily new task is not that inspiring to me as a practice, but I haven't tried it yet either. I am now leaning more toward a daily routine of yoga and meditation for all of their benefits—but that didn't come from this book, only confirmed it for me.

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### **Katherine Reece says**

Fascinating book. Very medical. You have to be interested in health and medicine to read this, but the ideas they suggest are easily do-able. You must want health more than ingrained habits. All of the medical information is there to explain why these behaviors are so extremely beneficial, what huge steps you can do for yourself, just by choosing healthy behaviors.

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### **Audrey says**

"Among the processes that can be influenced by a person's awareness, healing is one of the most vital. [...] The dividing line between what happens automatically and what happens voluntarily isn't fixed. Choices

matter, and thus the healing self comes into play. On its own the body knows how to survive; it's up to us to teach it how to thrive."

"Be mindful of your ultimate purpose, which isn't to meet a deadline but to create a day with happiness in it. Psychologists have found that people who lead the happiest lives follow a strategy of having happy days. Whatever makes you genuinely smile counts as a happy experience. "

"What's most significant is that even when someone is alone, sitting quietly and passively, they aren't really alone. Inside they carry a map constructed from all the relationships experienced since infancy. This, too, is a whole-system phenomenon. Each moment in a relationship is a tiny piece being fitted into the whole map as it changes and shifts. "

"Range of coping mechanisms to acute stress:

- Get enough rest and sleep
- Make time for yourself every day to be alone and quiet
- Make sure you get outside to refresh your connection to nature
- Maintain an active life - don't be chained to the situation
- Share duties and responsibilities. Ask for help before you feel overwhelmed
- Pursue a regular routine - this helps offset unpredictable events
- Find an activities that makes you feel in control
- Find a confidant with whom you can share your feelings without judgement
- Don't martyr yourself by taking on more than you can handle
- Fight the urge to feel victimised
- Don't isolate yourself - keep up your social activity
- Seek our people in the same situation who can empathise with you and offer positive support
- Resist self judgment. Be easy on yourself, accepting the ups and downs of emotions as natural
- Where there is the possibility of finding joy, pause to appreciate it"

"Solution to chronic stress:

- Detach yourself from the stressor
- Become centered
- Remain active
- Seek positive outlets
- Rely on emotional support
- Escape if you must "

"Be conscious of the main factors that make any stress worse: repetition, unpredictability, and loss of control. "

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### **Su Sertdemir says**

I observed that I have a healer inside me, but because of anxiety and stress I couldn't notice it. Thanks God, I found my way to heal my self, first of all I started to live with joy, passion and compassion. I hope after healing myself I can help others. I want to thank to a great medicine Deepak Chopra who is a great healer.

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### **Suzanne says**

A thought provoking read about how we are responsible for our over all health. Topics such as inflammation, stress, mindfulness, love and food are discussed as are ways to make positive changes to move towards a healthier version of ourselves.

Much of this book is not groundbreaking or new ideas. Though it does bring to light the power we have to make healthier choices and it's these choices that greatly assist in what Deepak refers to as The Healing Self.

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### **Yvonne says**

One of the most informative books I have ever read on health. I will definitely keep it on hand for future reference.

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