

LOVE & Survival

*The Scientific Basis
for the Healing Power
of Intimacy*

Dr Dean Ornish

Author of the international bestseller Reversing Heart Disease

Love Survival The Scientific Basis For The Healing Power Of Intimacy

Dean Ornish, M.D., Anne Ornish



Love Survival The Scientific Basis For The Healing Power Of Intimacy:

Love and Survival Dean Ornish, 2011-11-15 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don't realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy **Love & Survival** Dean Ornish, 1999 **Love and Survival** Dean Ornish, 2016-05-10 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives Yet most people don't realize how much it can increase the quality of our lives our survival In this New York Timesworld renowned physician Dean Ornish M D writes I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy Not diet not smoking not exercise not stress not genetics not drugs not surgery He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease loneliness isolation alienation and depression He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival Dr Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness suffering into joy **Love & Survival** Dean Ornish (M. D.), 1998 Examines Dr Ornish's clinical research that demonstrates that our very survival depends on the healing power of love *Love and Survival* Dean Ornish, 2001 Dr Dean Ornish transformed the treatment of heart disease when he proved that it could be reversed through diet and exercise In this book he shows that the real epidemic is an emotional and spiritual heart disease the profound sense of loneliness isolation alienation and depression in our society and the most powerful factor in the healing process are feelings of love connectedness and spiritual transformation He proves that the healing power of love and intimacy is more important than any other factor in medicine not diet smoking exercise stress genetics drugs or surgery have a greater impact on our quality of life incidence of illness and premature death from all causes Dr Ornish writes both from his clinical research and from his own struggles for intimacy and communication sharing the techniques and strategies he has found effective in his personal life **Building Intimate Relationships** Rita DeMaria, 2013-08-21 First Published in 2003 Routledge is an imprint of Taylor Francis an informa company Love Sense Dr. Sue Johnson, 2013-12-31 The bestselling author of Hold Me Tight presents a revolutionary new understanding of why and

how we love based on cutting edge research Every day we hear of relationships failing and questions of whether humans are meant to be monogamous Love Sense presents new scientific evidence that tells us that humans are meant to mate for life Dr Johnson explains that romantic love is an attachment bond just like that between mother and child and shows us how to develop our love sense our ability to develop long lasting relationships Love is not the least bit illogical or random but actually an ordered and wise recipe for survival Love Sense covers the three stages of a relationship and how to best weather them the intelligence of emotions and the logic of love the physical and psychological benefits of secure love and much more Based on groundbreaking research Love Sense will change the way we think about love **A General Theory of Love**

Thomas Lewis,Fari Amini,Richard Lannon,2001-01-09 This original and lucid account of the complexities of love and its essential role in human well being draws on the latest scientific research Three eminent psychiatrists tackle the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been learned about the primitive functions of the human brain A General Theory of Love demonstrates that our nervous systems are not self contained from earliest childhood our brains actually link with those of the people close to us in a silent rhythm that alters the very structure of our brains establishes life long emotional patterns and makes us in large part who we are Explaining how relationships function how parents shape their child s developing self how psychotherapy really works and how our society dangerously flouts essential emotional laws this is a work of rare passion and eloquence that will forever change the way you think about human intimacy **Thrivor Soup** Heidi Bright,2016-01-20 Cancer patients seeking

to integrate meaningful spirituality with practical healing solutions can now feast on a comprehensive blend of self care options This book provides a variety of holistic strategies for cushioning chemotherapy and softening surgery while empowering readers to grow in consciousness Each of more than 250 topics begins with an inspirational quote from one of the world s wisdom traditions offers a story to foster self care and personal transformation and concludes with a useful tip With passion authenticity and a dash of humor this book courageously addresses medical topics such as Finding Chemo Hair Pieces Turbanator and Recovery Master the Possibilities Holistic care entries include Nutrient Density Thrivor Soup Shadow Work Dark Night Rises and Field of Dreams Explore these restorative ingredients to enhance your nutritional choices stimulate your creative juices foster your personal powers to transform mentally and emotionally and deepen your connection with others and the Divine **Attached** Amir Levine,Rachel Heller,2010-12-30 Over a decade after its publication one book

on dating has people firmly in its grip The New York Times We already rely on science to tell us what to eat when to exercise and how long to sleep Why not use science to help us improve our relationships In this revolutionary book psychiatrist and neuroscientist Dr Amir Levine and Rachel Heller scientifically explain why some people seem to navigate relationships effortlessly while others struggle Discover how an understanding of adult attachment the most advanced relationship science in existence today can help us find and sustain love Pioneered by psychologist John Bowlby in the 1950s the field of

attachment posits that each of us behaves in relationships in one of three distinct ways Anxious people are often preoccupied with their relationships and tend to worry about their partner's ability to love them back Avoidant people equate intimacy with a loss of independence and constantly try to minimize closeness Secure people feel comfortable with intimacy and are usually warm and loving Attached guides readers in determining what attachment style they and their mate or potential mate follow offering a road map for building stronger more fulfilling connections with the people they love Button Therapy

Lloyd R. Goodwin, 2007-02-26 The Button Therapy Book is a practical cognitive counseling manual for mental health professionals and a psychological self help book designed to Help you identify modify and eliminate your Buttons that trigger stress and distress in your life Help you identify potentially troublesome cognitions related to your thinking styles such as black and white thinking should messages such as I should do everything perfectly self defeating core beliefs such as I am a victim of life's circumstances and defense mechanisms such as denial and rationalization Includes the Cognitive Self Assessment Inventory CSAI to help you identify your troublesome cognitions and Buttons Includes the Motivational States Inventory MSI to help you determine which of the six motivational states is associated with your Buttons that get pushed Help you determine which of the six centers of consciousness you are spending the most time in with the Centers of Consciousness Rating Scale CCRS in the Motivational States Inventory Teach you a portable Six Step Button Therapy Method to utilize anytime and anywhere you have a Button pushed which causes emotional distress Help you become more conscious aware loving and compassionate Improve your interpersonal relationships Facilitate your journey of personal and spiritual growth Early Acclaim for The Button Therapy Book Improve Your Quality of Life and Parenting Skills The Button Therapy Book has made an incredible difference in my attitude and my life I am able to relax more and don't get as uptight or angry as I used to I have always been a person who had my Buttons pushed fairly easily and now I understand how to identify my Buttons address them in a calm and loving way and most importantly get rid of them I've also been able to take the information given in the book and pass it on to my children to help them overcome their Buttons Dr Goodwin gives the reader all the tools they need to live happier healthier lives starting immediately I highly recommend this book it is a must for any person who is interested in improving his or her quality of life and getting rid of those buttons Jodie Wilkerson from Greenville NC Get Ready to Unbutton and Be Free Button Therapy a MUST HAVE for any mental health professional and or the lay person I have found many insights in this book and I have recommended it to just about everyone I know I think that Dr Goodwin has hit the button on the head and has loosened its thread with his insightful caring explanation of our Buttons and how to deal with them I find myself referring to it regularly in my business Thanks Lloyd I am happier my clients are happier and we all understand others and ourselves better now that we have read your book We will all be looking forward to your next work Suzanne Osborne Ph D Clinical Psychologist Forensic Psychologist Criminal Profiler Counselor from North Myrtle Beach SC A Model for Personal and Spiritual Growth The Button Therapy Book is a creative synthesis of Eastern and

Western models for personal and spiritual growth An incredible compilation and synthesis of psychological self help techniques You would have to read 10 books to get the information and number of self help techniques presented in this book I ve personally benefited from applying this practical six step self help model to some of my Buttons The chapter titled 30 Seeds for Your Mind s Garden is worth the price of this book alone The 30 Seeds are guidelines that have been helpful in my journey of personal and spiritual growth Planting these life enhancing seeds into the gardens of our minds enables us to become more conscious aware loving and compassionate This is simply the best psychological self help book I ve ever read I ve already recommended this book to my friends An excellent read Patricia Pollard M P A Administrator from Health Sciences Personnel Brody School of Medicine East Carolina University Greenville NC Button Therapy Book Good for Self Helpers and Professionals Goodwin has written a very readable book which includes a thorough compilation of respected authors therapists and philosophers Those views augmented with his many years of counseling experience provide a useful theoretical and practical book for both the mental health professional as well as the individual seeking a good self help reference and guide including inventories in the appendix Stephen K Creech Ph D Mental Health Professional and Musician from Winterville NC Button Therapy I was excited to see three decades of counseling theories approaches and strategies in mind body therapy brought together in one resource that is readable and accessible for either the lay reader or counseling professional This book is unique because it combines psychological research with very usable self assessments and self help techniques that can be applied in the real world The element that I found most helpful are the 30 Seeds for Your Mind s Garden in Chapter 21 This presents a summary and cognitive guideline of living life most effectively to its fullest potential Mark Stebnicki Rh D LPC CRC CDMS Professor and Director Rehabilitation Counselor Education Program East Carolina University Greenville NC A Fantastic Book A super way to learn how to deal with all the Buttons and Button Pushers in your life Learn to be a happier healthier and hopefully a better person all around Ned Petrak Financial Advisor Goldsboro NC CONGRATULATIONS Congratulations Dr Goodwin You ve done a wonderful job I like the holistic nature of this cognitive behavior therapy model The vast majority of clients I have worked with see themselves as pawns in this world being blown from one situation to the other with minimal control They often experience their emotions and actions as responsive to external forces rather than behavioral choices over which they have control The Button Therapy Book teaches that the locus of most situations is internal and therefore under our control Most of us are spiritually empty I am very positive that they will be able to fill that spiritual void by reading The Button Therapy Book I will recommend this book to any mental health professional I know Agyenim A Boateng M S CRC CCAS LPC Mental Health Professional from Pinehurst NC An Excellent Guide To Feeling Good The Button Therapy Book provides techniques that will immediately lift your spirits and help you develop a positive outlook on life Everyone has Buttons and Button Pushers Dr Goodwin provides a framework to recognize the cognitions i e thoughts beliefs etc attached to Buttons that produce negative results Through the 21 Button removal

strategies described in the book empowerment is accessible A great tool box for those working in the mental health field as well as for anyone seeking personal growth If you have the desire to dance to the music of the universe instead of dancing every time somebody pushes your Buttons buy it read it you deserve it Sharon Williams from Washington NC Tired of Getting Your Buttons Pushed The Button Therapy Book is an excellent life enhancement manual I highly recommend it Its foundations are based on the teachings of Buddha Jesus Christ and Ken Keyes Jr The Button Therapy Book also nicely wraps up the best of the best literature from prominent psychologists philosophers and modern day shamans The fewer Buttons

Undo It! Dean Ornish, M.D., Anne Ornish, 2022-01-04 NATIONAL BESTSELLER By the pioneer of lifestyle medicine a simple scientifically program proven to often reverse the progression of the most common and costly chronic diseases Long rated 1 for Heart Health by U S News World Report Dr Ornish s Program has recently been shown to often improve cognition and function in patients with early stage Alzheimer s disease Dr Ornish s program for reversing heart disease is now covered by Medicare when offered virtually at home The Ornishes work is elegant and simple and deserving of a Nobel Prize since it can change the world Richard Carmona MD MPH 17th Surgeon General of the U S Dean Ornish M D has directed revolutionary research proving for the first time that lifestyle changes can often reverse undo the progression of many of the most common and costly chronic diseases Medicare and many insurance companies now cover Dr Ornish s lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle better clinical outcomes larger cost savings and greater adherence than have ever been reported based on over forty years of research published in the leading peer reviewed medical and scientific journals Now in this landmark book he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur They describe what it is why it works and how you can do it Eat well a whole foods plant based diet naturally low in fat and sugar and high in flavor Move more moderate exercise such as walking Stress less including meditation and gentle yoga practices Love more how love and intimacy transform loneliness into healing With seventy recipes easy to follow meal plans tips for stocking your kitchen and eating out recommended exercises stress reduction advice and inspiring patient stories of life transforming benefits for example several people improved so much after only nine weeks they were able to avoid a heart transplant Undo It empowers readers with new hope and new choices

The Cure Within: A History of Mind-Body Medicine Anne Harrington, 2009-02-16 A splendid history of mind body medicine a book that desperately needed to be written Jerome Groopman New York Times Is stress a deadly disease on the rise in modern society Can mind body practices from the East help us become well When it comes to healing we believe we must look beyond doctors and drugs we must look within ourselves Faith relationships and attitude matter But why do we believe such things From psychoanalysis to the placebo effect to meditation this vibrant cultural history describes mind body healing as rooted in a patchwork of stories allowing us to make new sense of our suffering and to rationalize new treatments

and lifestyles **The Energy of Belief** Sheila S. Bender, Mary T. Sise, 2007-11-15 Sise and Bender lay out a series of simple exercises that allow people in distress to quickly feel major physical and psychological shifts by holding their bodies in certain ways while taking deep breaths Their book is packed with real life case histories of clients who were not helped by the forms of therapy but for whom the authors technique energy TAB produced miraculous results **Surgery and Its Alternatives** Sandra A. McLanahan, David J. McLanahan, 2002 Provides a discussion of both surgical and alternative approaches to an array of medical issues revealing the pros and cons of various anesthetic and surgical options and describing more than two hundred procedures Theatre and the Good Mark Fearnow, 2007 Theatre and the Good examines the roots of theater from an anthropological perspective as well as theaters capacity for liberation using models of theater in prison dramatherapy and a spiritual opening felt by many The book argues that the ancient needs for which theater has arisen are still relevant and that theater is a much needed and effective pathway to meaning Performing Arts

Interpersonal Communication Michelle Burch, 2004-08-31 Parenting for Peace Marcy Axness, 2012-01-30 This book emphasizes a mother s role in the development of the child s brain and emotional infrastructures *The Emotional Revolution* Norman E. Rosenthal, 2003 Feel Better Live Better Scientific discoveries are unlocking the mysteries of our emotional lives Every week brings us new information on the environmental hormonal genetic and chemical factors that affect our feelings and an ever expanding repertoire of methods to manage specific emotional conditions But how can we apply this cutting edge research to our own lives In *The Emotional Revolution* Norman E Rosenthal psychiatrist researcher and specialist in the fields of psychopharmacology and psychobiology offers a comprehensive guide to these exciting breakthroughs He explores the latest findings about the body mechanisms that create emotions and why our feelings can sometimes go out of control He also offers simple self help strategies and evaluates dozens of the newest treatments both traditional and alternative that can help with everything from depression and addiction to anxiety and excessive anger Here is fascinating up to the minute information you won t find in any other single resource including Clues to the biological basis of monogamy A new link between depression and heart disease and what this means for the treatment of both conditions How simple patterns of eye movements can help alleviate painful memories How taking a commonly used blood pressure medication can help you cope with trauma How lying in the dark releases a hormone that can alleviate anxiety and craving The surprising health benefits of friendship and religion The deadly dangers of anger The health promoting powers of love The first book to combine scientific research with prescriptive guidelines for the general reader *The Emotional Revolution* is your guide to understanding the complexities of human feelings and improving your life A well researched clearly written and absorbing book Highly recommended for anyone who s ever seen a psychiatrist or who hasn t Dean Hamer Ph D author of *The Science of Desire* Norman E Rosenthal M D is Clinical Professor of Psychiatry at Georgetown University A practicing psychiatrist Dr Rosenthal has been listed in *The Best Doctors* in the U S For twenty years he was a senior researcher in

psychiatry and psychobiology at the National Institute of Mental Health He has appeared on 20/20 CNN National Public Radio The Today Show CBS Morning News and Good Morning America Dr Rosenthal lives and practices in Rockville Maryland Visit his Web site at www.normanrosenthal.com **Luminous Life** Jacob Israel Liberman, 2018-01-22 Let Light Guide Your Life The most important things in life are our health and happiness Yet most of us are neither healthy nor happy We have been led to believe that if we think ahead and make the right choices we can manifest our dreams Yet despite our best efforts we still have more disease and discontent than ever before Is it possible that our essential ideas about life are flawed We are all aware of the impact of sunlight on a plant's growth and development But few of us realize that a plant actually sees where light is emanating from and positions itself to be in optimal alignment with it This phenomenon however is not just occurring in the plant kingdom humans are also fundamentally directed by light In Luminous Life Dr Jacob Israel Liberman integrates scientific research clinical practice and direct experience to demonstrate how the luminous intelligence we call light effortlessly guides us toward health contentment and a life filled with purpose

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