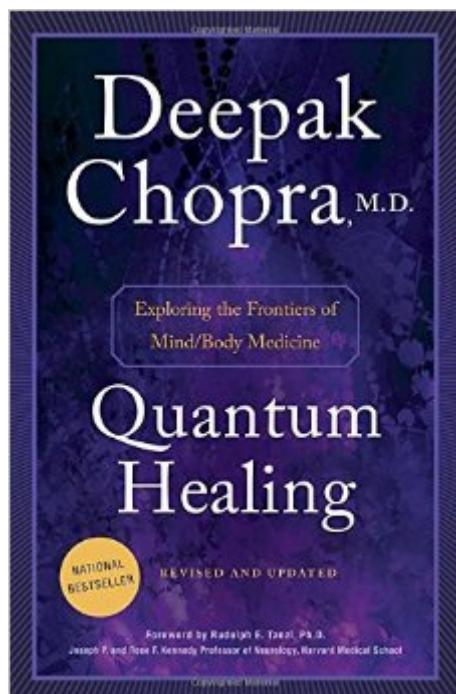


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Quantum Healing (Revised And Updated): Exploring The Frontiers Of Mind/Body Medicine



Synopsis

THE LANDMARK BESTSELLER "NOW COMPLETELY REVISED AND UPDATED" More than twenty-five years ago, Quantum Healing helped transform Deepak Chopra into a cultural phenomenon. Now Dr. Chopra, hailed by Time as "the poet-prophet of alternative medicine," returns to this groundbreaking work, adding the latest scientific research as well as expanded thoughts on the connection between body and mind. Inspired by the unexplained recovery of patients in his own practice who had been given just a few months to live, Dr. Chopra began his search for answers. After returning to his native India to explore humanity's most ancient healing tradition, Ayurveda, he combined those insights with Western medicine, neuroscience, and physics. What he discovered "a network of intelligence" in the human body with the potential to defeat cancer, heart disease, even aging itself "forms the basis of Quantum Healing. In this new edition, Dr. Chopra once again offers a fascinating intellectual journey and a deeply moving chronicle of hope and healing. Praise for Quantum Healing "Quantum Healing didn't set out to cure cancer or Alzheimer's or any other intractable disease. It set out to see the human body, and human existence in general, through wiser eyes. As a scientist I'm passionate about genes and the brain; as a person I'm totally fascinated by the origins of consciousness. Quantum Healing galvanized my intuition that these areas do not have to be separated." "Dr. Rudolph Tanzi, from the new foreword "Deepak Chopra illuminates our true innate capacity for healing, growth, and evolution. With the wisdom of an experienced doctor, girded by science, he guides us to reclaim our natural power towards thriving. Chopra's work is paradigm-changing for medicine and helpful beyond measure for every human being seeking to evolve, flourish, and know our true nature." "Lisa Miller, Ph.D., author of The Spiritual Child and director of clinical psychology, Teachers College, Columbia University

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Customer Reviews

The senses of the wise man obey his mind, his mind obeys his intellect, his intellect obeys his ego, and his ego obeys the Self. -- Katha Upanishad Thus, within this brief passage, we have the essence of Dr. Deepak Chopra's book Quantum Healing, which successfully seems to shed light for the uninitiated Western reader on the mind/body connection as it relates to medical healing. Although the ideas and techniques he discusses in his book may sound new to us, they are in actuality, as the Doctor demonstrates through his scrupulous tracing of the Western disciplines of neuroscience and physics back to the source of their beginnings in the ancient Vedic traditions, as old as time itself. With the precision of an artist meticulously carving a statue, Dr. Chopra proceeds to chip away at Western medicine's physical approach to healing, asserting the point that "when the memory of health returns [it] brings with it enough power to last a lifetime." These mind-based methods of healing, he tells us, are based upon Ayurveda, the ancient tradition of Indian medicine. The term "Ayurveda" is derived from its two Sanskrit roots, Ayus, meaning "life," and Veda, which can mean either "science" or "knowledge." Combined, the literal meaning becomes "science of life." In describing how he came up with the term quantum healing, Dr. Chopra relates the moving story of one of his first patients to undergo Ayurvedic treatment. The patient, a woman who had lung cancer, had responded well to the traditional Western treatments which had been combined with Ayurvedic methods.

Deepak Chopra is an endocrinologist who starts doubting the supremacy of the western approach to medicine. That doesn't mean he denies his training altogether. But he cannot forget his Indian roots, either. In fact, when he finds out that mind and body are able to cure a person if they work together, or kill her if they work against each other, he returns to the traditional Indian medical approach that they call Ayurveda. Ayurveda means "the knowledge for long life" in Sanskrit. Because it combines science and philosophy / spirituality, the approach is holistic. Chopra insists that the universe is not a force that surrounds us. Not only is there a whole universe within our cellular body, but we are part of the universe, we are the universe. By accepting this fusion --more, embracing it-- chances are we will be able to face disease, fight it, and eventually destroy it. Such is the premise of Quantum Healing. What fascinates me first as I read the pages of this book is the

man of science patiently explaining the intricacies of our physical entrails, so to speak, and telling his readers how intelligent the body is. How when, say, the common cold starts doing its nasty little act, a whole cellular system gets into action, with millions and millions of microscopic little workers transmitting messages to each other, and doing everything in their power to kill the invader. In other words, Chopra states that our organism contains everything that it needs to heal itself. Then why do we die of cancer? Of AIDS? Of a heart attack? Why do we need medicine? Perhaps because we are disconnected. Perhaps because western medicine with all its specialization has become disconnected from itself.

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