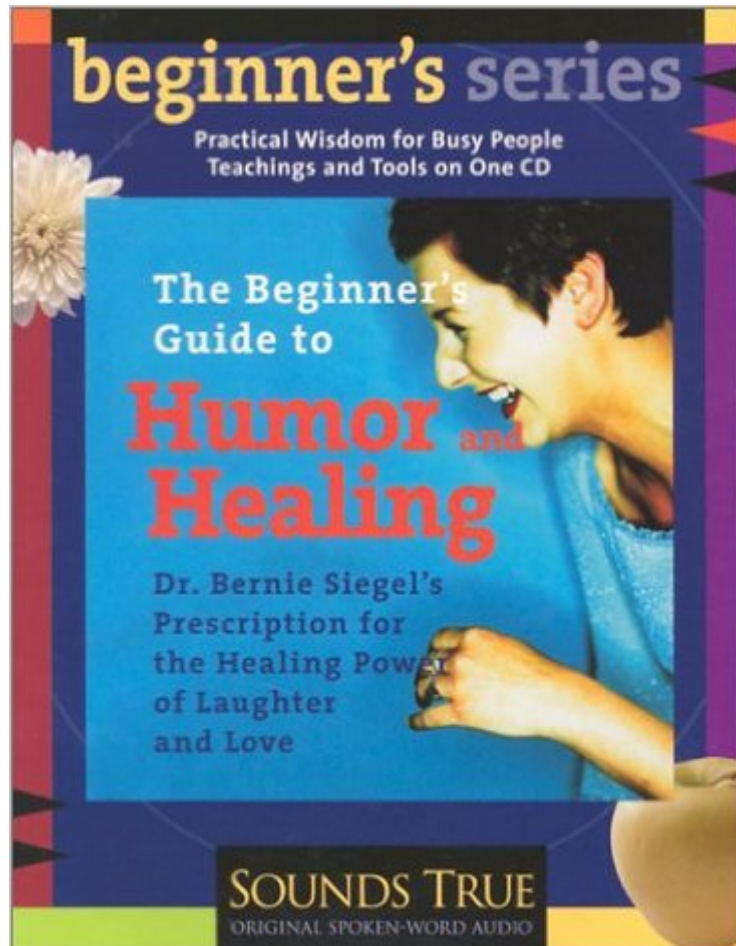


The book was found

The Beginner's Guide To Humor And Healing



Synopsis

When Dr. Bernie Siegel tells a joke, it's not only funny, it's good medicine. Now this pioneering physician and author of the New York Times bestseller *Love, Medicine, and Miracles* uplifts our hearts and tickles our funny bones once more, with *The Beginner's Guide to Humor and Healing*. From how love helps us lead longer, more productive lives, to fascinating research about laughter's ability to boost the immune system, to true stories of miracles of spontaneous remission in terminally ill patients, here is a life-affirming house call with America's favorite stand-up physician. Course objectives: Identify biochemical benefits of humor Summarize basic concepts of the importance of humor in healing Practice guided meditation exercise List several practical suggestions to support healing Highlights: How laughter can improve your health Lessons from exceptional patients Where the "magic" in life comes from Plus true stories of joy, love, and healing Note: Excerpted from the full-length audio course *Humor and Healing*.

Book Information

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Customer Reviews

I have purchased this in cassette and cd form (twice), a download --- and others beg soft-touch me to let them borrow it and then to allow them to loan it out, so after another disappearance, I will be purchasing two MORE copies, and one will not be allowed to leave the house! You will laugh a lot, cry some, and find hope and a special peace, no matter what you or your loved ones situation is. It is likely to change your life (I am serious).

I love all of Dr. Bernie Siegel's books and cds .

A great cassette tape, delivered right on time

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