

Reinventing Medicine: Beyond Mind-Body to a New Era of Healing


By Larry Dossey

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Larry Dossey forever changed our understanding of the healing process with his phenomenal *New York Times* bestseller, *Healing Words*. Now the man considered on of the pioneers of mind/body medicine provides the scientific and medical proof that the spiritual dimension works in therapeutic treatment, exploding the boundaries of the healing arts with his most powerful book yet.

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
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Editorial Review

Amazon.com Review

Cue the theme song to the *Twilight Zone*: Research shows your plants won't grow as well when you're depressed as when you're happy. Praying for someone else will improve your *own* health, too. The growth of *E. coli* bacteria is inhibited when a group of people merely think about stopping the growth. And qi gong practitioners in San Francisco can kill cancer cells in other peoples' bodies--by willing the cells to die. These ideas surely sound ludicrous, but these and other similarly mindboggling studies have been commissioned and *replicated* by researchers at Harvard, Duke, McGill, and other esteemed universities.

Larry Dossey is known as the father of mind-body medicine and perhaps best known for his advocacy of the role of prayer in healing in 1995's bestselling *Healing Words: The Power of Prayer and the Practice of Medicine*. He admits that working on such seemingly impossible projects a few years ago would have ruined a researcher's career with "ATF," or "the anti-tenure factor." But things are changing. He wrote *Reinventing Medicine* to present proof that "the mind can literally change the external world" and how this "nonlocal mind" will change health care in the future. His argument for the existence of this nonlocal mind is as convincing as it is eloquently conveyed. Doubters, he says, merely need to examine their own dreams for proof this is true. When was the last time you had a conversation or found yourself in a situation you dreamed about the night before? Studies from as early as the 1960s "strongly suggest that dreams are an avenue of nonlocal communication between separate, distant persons."

Dossey's support of the nonlocal mind is sure to draw pooh-poohs from cynics, including M.D.s, but, he warns, health-care workers are bound to experience this force firsthand: "Doctors can experience their patients' symptoms nonlocally, and this can be unpleasant." He cites the example of psychiatrist Mona Lisa Shulz, a medical intuitive, who "began to grow increasingly uncomfortable, feeling hot and flushed," while speaking over the phone with a feverish patient. Dossey says this telesomatic event, extreme empathy, or whatever you want to call it, is dangerous, but that "empathic balance" is something that will be taught in medical schools in the future to ensure accurate diagnoses of ill patients. Dossey was one of the first vanguards of mind-body medicine, which is basically accepted as fact today; he's again presenting the future of medicine, as otherworldly as it seems. --*Erica Jorgensen*

From Publishers Weekly

Always in the vanguard, physician Dossey (*Prayer Is Good Medicine*, etc.) makes a fascinating case for the next revolution in medicine beyond the current era of mind-body healing. Rather than signaling an entirely new direction, he defines a larger, more humane vision based on incorporating advances in integrative medicine. His brief, persuasive work is bound to attract attention from the general public and medical professionals alike, especially in light of his pioneering work on the connection between prayer and healing. Rendering his argument in simple language and illustrating it with many individual stories as well as scientific studies, Dossey contends that we are entering an era of the "non-local mind" that consciousness can accomplish healing outside the confines of one's brain and body, influencing distant events, people and circumstances. He does not discount the efficacy of medical intervention so much as he anticipates an enlightened model of partnership between patient and healer. While some readers may resist the idea of prayer influencing such events as cell development, many will accept the more familiar examples involving animal behavior (e.g., pets traveling thousands of miles to reunite with their owners). Addressing such major conduits of nonlocal healing as dreams, prayer and being in "the zone," Dossey offers moving examples of human healing that seem inexplicable by other means. He is at his most eloquent in his concluding chapter

on "Eternity Medicine," or the compassionate treatment of the dying. Agent, James Levine. (Oct.)
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From Library Journal

In his *Recovering the Soul*, physician Dossey first introduced the idea that there have been, so far, three eras of Western medicine: physical healing, mind-body healing, and a new era he focuses on here, continuing his investigation/description/ validation of alternative healing. He challenges physicians and others to look beyond the now-accepted mind-body component of healing (pioneered during what he calls Era II) and to embrace what he terms nonlocal medicine—a worldview incorporating consciousness as a healing agent, where events are unaffected by space or time. Dossey summarizes research supporting nonlocality and then examines it in the context of ordinary, day-to-day medical practice. Although some of the material included here is repeated from previous works, much of the research he cites is recent. An interesting and unusual approach to health studies; recommended for public libraries and health science centers. —Andy Wickens, Univ. of Illinois at Chicago Lib. of the Health Sciences
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