



La mente como medicina (Medicinas complementarias) (Spanish Edition)

Lissa Rankin

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La mente puede sanar el cuerpo. Muchas tradiciones lo afirman, pero por primera vez una doctora en medicina, Lissa Rankin, expone desde una perspectiva científica cómo los pensamientos, los sentimientos y las convicciones alteran radicalmente la fisiología. De formación ortodoxa, Lissa Rankin pasó muchos años investigando su intuición de que el cuerpo posee una capacidad innata para repararse, íntimamente ligada a los procesos mentales. En este libro, la autora comparte con sus lectores los apasionantes resultados de sus investigaciones, respaldadas por la literatura médica. Y si bien no desestima el impacto de la dieta, el ejercicio o las vitaminas en la salud, afirma que lo que pensamos y lo que sentimos es aún más importante. La curación se produce en un lugar donde la mística se cruza con la ciencia. Como conclusión, Lissa Rankin propone un nuevo modelo de salud que permitirá al lector realizar un autodiagnóstico y elaborar su propia prescripción incidiendo en los aspectos primordiales de la vida: espiritualidad, creatividad, entorno, nutrición y relaciones.

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