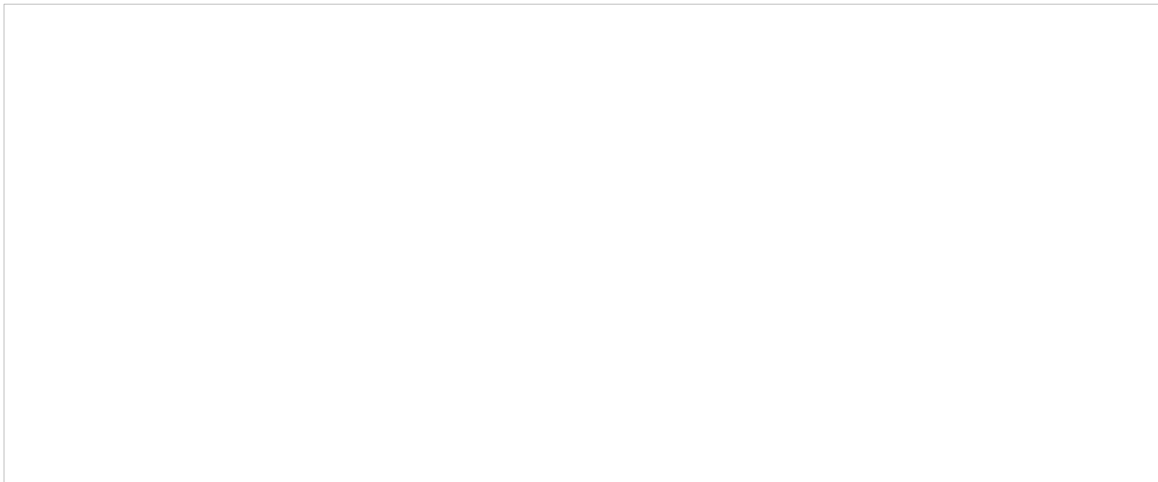


[PDF] Love And Survival: The Scientific Basis For The Healing Power Of Intimacy

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Books Details:
Title: Love and Su
Author: Dean Ornish
Released: 1999-02-
Language:
Pages:
ISBN: 0091868939
ISBN13: 978-009186
ASIN: 0091868939

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Dean Ornish's love and survival: the scientific basis for the healing power of intimacy. -discusses the importance of love & intimacy - points out a variety of research studies that support that physical health is strengthened when people feel loved & can open up & talk to each other -allostatic load. love in western history. -marriage was an economic union & arranged -husbands & wives were encouraged to develop love for one another. compassionate love/ conjugal love. -intimate form of love that involves friendly affection & deep attachment based on familiarity with the loved one -doesn't have Love and Survival: Healing Power of Intimacy, The and millions of other books are available for Amazon Kindle. Learn more. Books.Â The second and more compelling half of the book consists of Ornish's conversations on the role of love and intimacy in health and disease with a broad spectrum of thoughtful men and women with different perspectives: a yogi, an intuitive healer, a theologian, a sociologist, a psychologist, and many scientists and physicians. A curious work, loosely structured, sometimes to the point and sometimes rambling, blending scientific findings and personal convictions. (illustrations, not seen) (\$285,000 ad/promo; TV and radio satellite tour) -- Copyright Â©1998, Kirkus Associates, LP. All rights reserv Love & survival : the scientific basis for the healing power of intimacy. Ornish, Dean. Date. 1999. Where to find it. Access this item on the Wellcome Library website. About this work. Publication/Creation. 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 Free Shipping on all orders over \$10.Â Ornish includes mountains of scientific evidence that love, intimacy and service to others are healing, health promoting behaviours. We humans are more than just the sum of our body parts, our minds, our spiritual hearts affect our well being. I recommend this book to everyone willing to read it. You don't have to simply believe Ornish, he has scientific 'proof' for his ideas. A Profound and Important Way to Improve Your Life. Published by Thriftbooks.com User , 21 years ago. In his book, Love and Survival: the Scientific Basis for the Healing Power of Intimacy, Dr. Dean Ornish, stated that "anything that promotes feelings of love and intimacy is healing." For example, sex can affect your stress levels. The "love hormone" oxytocin and as well as your endorphins elevate during sex, which in turn causes you to experience feelings of euphoria, calmness, and relaxation. This helps to improve your overall mood and reduce stress. Sometimes even a simple, reassuring hand on the shoulder or a hug from a friend or loved one can be beneficial to our wellbeing as well. In the

Heal Your Body: The Mental Causes for Physical Illness and the Metaphysical Way To Overcome Them, Hay House Publishing Company. <http://www3.interscience.wiley.com/cgi-bin/abstract/107583907/>
<http://rheumatology.oxfordjournal.org/cgi/content/full/41/9/1031>. [http://www.pnas.org/cgi/reprint/91/22/10440?maxtoshow=&HITS=10&ndhits=10&RESULTFORMAT=&searchid=1&FIRSTINDEX=0&minscore =.](http://www.pnas.org/cgi/reprint/91/22/10440?maxtoshow=&HITS=10&ndhits=10&RESULTFORMAT=&searchid=1&FIRSTINDEX=0&minscore=) Ornish D (1998). Love and Survival: The Scientific Basis for the Healing Power of Intimacy and Love, Rocco Publishing Company. Ramos MBB (1998). Macromicro: A Ciência do Sentir, Mauad Publishing Company; Ramos MBB (1998). 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 Free Shipping on all orders over \$10.Â Ornish includes mountains of scientific evidence that love, intimacy and service to others are healing, health promoting behaviours. We humans are more than just the sum of our body parts, our minds, our spiritual hearts affect our well being. I recommend this book to everyone willing to read it. You don't have to simply believe Ornish, he has scientific 'proof' for his ideas. A Profound and Important Way to Improve Your Life. Published by Thriftbooks.com User , 21 years ago. In his book, Love and Survival: the Scientific Basis for the Healing Power of Intimacy, Dr. Dean Ornish, stated that "anything that promotes feelings of love and intimacy is healing." For example, sex can affect your stress levels. The "love hormone" oxytocin and as well as your endorphins elevate during sex, which in turn causes you to experience feelings of euphoria, calmness, and relaxation. This helps to improve your overall mood and reduce stress. Sometimes even a simple, reassuring hand on the shoulder or a hug from a friend or loved one can be beneficial to our wellbeing as well. In the Love & survival : the scientific basis for the healing power of intimacy. Item Preview. remove-circle.Â Love & survival : the scientific basis for the healing power of intimacy. by. Ornish, Dean.