



Healing Myths, Healing Magic: Breaking the Spell of Old Illusions; Reclaiming Our Power to Heal

Donald Epstein D.C.

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Even as healthcare technology makes great strides, studies show that the attitude of a person suffering from chronic illness may hold the most sway over the healing process. This book shows that the first step in adopting a positive attitude toward health lies in dismissing harmful myths. "I must forgive before I can heal." "I am sick because God is punishing me." "If it doesn't feel good, it must be an effective medicine." These are outdated concepts that can slow healing -- or make an illness worse. Donald Epstein divides these myths into four categories: social, biomedical, religious/spiritual, and New Age. He discusses each myth individually -- from "healing is expensive" to "every condition can be traced to a demonstrable physical cause" -- and offers replacement myths, or "Healing Magic," to be both meditated upon and declared out loud by the reader in order to create an opportunity for healing.

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