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The Cure Within: A History of Mind-Body Medicine

Anne Harrington

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"A splendid history of mind-body medicine...a book that desperately needed to be written."—Jerome Groopman, *New York Times*

Is stress a deadly disease on the rise in modern society? Can mind-body practices from the East help us become well? When it comes to healing, we believe we must look beyond doctors and drugs; we must look within ourselves. Faith, relationships, and attitude matter.

But why do we believe such things? From psychoanalysis to the placebo effect to meditation, this vibrant cultural history describes mind-body healing as rooted in a patchwork of stories, allowing us to make new sense of our suffering and to rationalize new treatments and lifestyles.

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