Lessons on Mindfulness in Medicine

Saki Santorelli

Heal Thy Self: Lessons on Mindfulness in Medicine by Saki Santorelli

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About Heal Thy Self. Today we are experiencing extraordinary technological advances in the diagnosis and treatment of disease. Simultaneously, our dehumanization is extraordinary. The rapid erosion of personal relationships, lack of time, and underscoring financial pressures are hastening the rise in emotional and physical illness. The integration of the

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Lessons on Mindfulness in Medicine

Mindfulness and Medicine. The combination of meditation practice, yoga, and listening to one another's sharing of their lives, with Santorelli's skillful guidance, makes a healing dynamic. Most of us, most of the time, retreat rather than simply being with another person when nothing can be done. This retreat is a barrier to true healing and to the fulfillment of our potential as human beings. Healing is a probabilistic process and we need to cultivate the right conditions for it to happen. Mindfulness helps you keep your hold on what you need to hold. Gently holding "Heal Thy Self Lessons on Mindfulness in Medicine" as you listen to Saki Santorelli read, you will:...