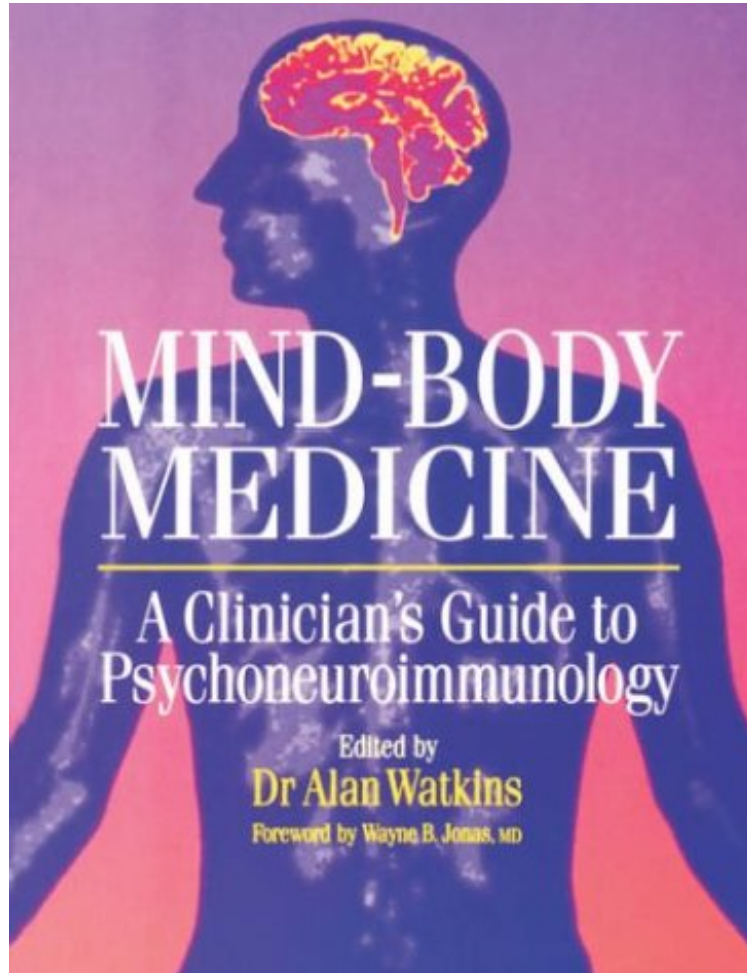


# Mind-Body Medicine: A Clinician's Guide to Psychoneuroimmunology, 1e

Alan Watkins MD

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**Alan Watkins MD : Mind-Body Medicine: A Clinician's Guide to Psychoneuroimmunology, 1e** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mind-Body Medicine: A Clinician's Guide to Psychoneuroimmunology, 1e:

11 of 13 people found the following review helpful. Great Book, needs update By Rustin Berlow I love his book, it contains an overview of mind-body interactions from every perspective. It is well written (tho the language is British English), very well documented with references and has an unashamedly clinical orientation. There is golden wisdom in the chapter on "Successful Aging" by Luskin Newell, I particularly liked the discussion of the effects of listening and the importance of meaning. The treatment of Ischemic heart disease and Cancer are both superb, with helpful illustrations, but both need updates. 1997 was long ago, I have not found anything newer that serves so well as an

introduction to the topic. I do recommend it highly.

Psychoneuroimmunology or mind-body medicine is an exploding area of interest in the USA and is becoming of increasing interest worldwide. New and exciting research from both these fields shows that perceptions and emotions directly affect immunity and health. This book assesses the research in this area and assesses the implications of PNI and its application to general medical practice. It looks at the evidence supporting the concept that mind-body connections have an impact on the development and progress of illness, and at how health care providers can take advantage of this evidence to improve the well-being of their patients. This is a practical text and reference which gives a good general introduction to the concept of mind-body medicine as it has developed to date. A good introduction to mind-body medicine - offers clear guidance for the reader new to this subject Authoritative - presents sound scientific explanations of state-of-the-art findings Practical and clinically relevant - describes clinical applications and treatment choices in a wide range of health care fields Provides a clear theoretical framework integrating the new scientific findings with complementary/alternative therapeutic approaches