



The Art of Healing: Uncovering Your Inner Wisdom and Potential for Self-Healing

Bernie S. Siegel, Cynthia J. Hurn

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In these pages, renowned medical doctor and spiritual teacher Bernie Siegel demonstrates how science and spirituality interact — and how you can tap your body's potential to heal. After studying the use of crayon drawings by patients facing life-threatening disease, Bernie founded Exceptional Cancer Patients to facilitate self-induced healings, which were often called miraculous. Bernie realized our bodies actually *want* to heal, and we can aid this innate propensity through what are currently seen as unconventional practices, including drawing, visualization, dreams, love, and laughter. You'll learn how to use these practices to help with everything from diagnosing and understanding your illness to making the correct treatment decisions to sharing your experience with loved ones and caregivers. Filled with inspiring true stories and suggestions for traveling your own healing journey, this book offers hands-on, patient-proven techniques that can create miracles.

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