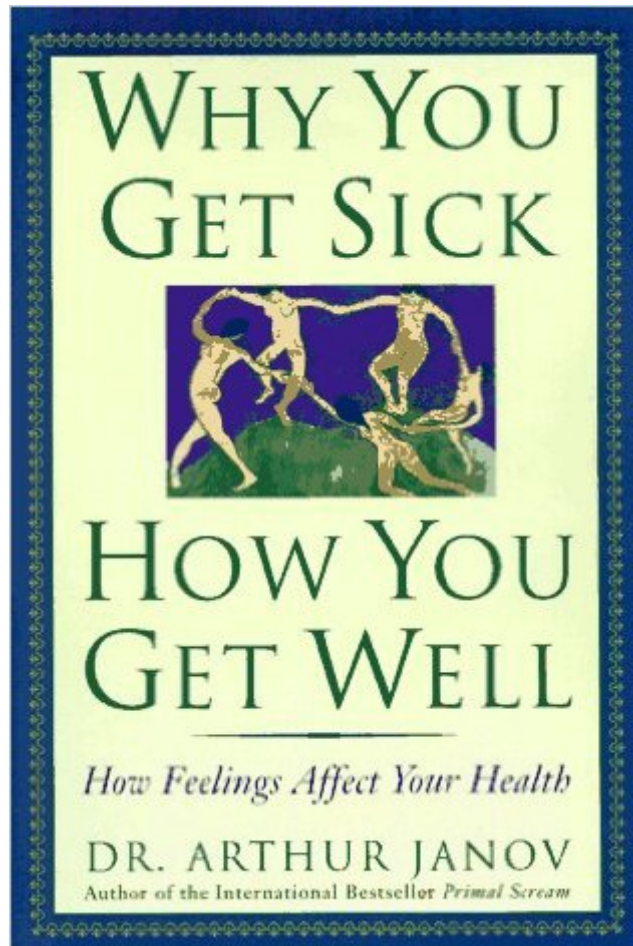


The book was found

Why You Get Sick And How You Get Well: The Healing Power Of Feelings



Synopsis

Explores the underlying unconscious forces that wear the human body down and cause illness, revealing the sources of self-destructive behavior and including special chapters on sex, suicide, depression, anxiety, migraines, and immune disease.

Book Information

Hardcover: 295 pages

Publisher: Newstar Pr (August 1996)

Language: English

ISBN-10: 0787106852

ISBN-13: 978-0787106850

Product Dimensions: 1.2 x 6.2 x 9.2 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,448,964 in Books (See Top 100 in Books) #53 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #6456 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#) #11101 in [Books > Medical Books > Psychology > General](#)

Customer Reviews

Janov's book WYGSAHYGWell is a book that contains at least one testimonial that the patient would now retract. I have evidence. It is too full of unscientific jumps of logic. Check out [...] it is explained well there. His assertion that it is only logical to pursue pain to reverse the effects of pain is simplistic. Even if it is true that in the forward direction, trauma causes psychological problems (true I think, and important), it does not necessarily mean the reverse is obviously true - that to reexperience pain will lead to a joyful existence that resembles the joy of young children. In my experience, the results from primal therapy also shine doubt on Janov's assertions. It is a pity, because so much of the book is valuable and important, for example the emphasis of love, and the criticisms of robotically extinguishing behaviors with behaviorism (not all behaviorism is bad though) are all good. But Janov's theory is taken to the extremes in his books, and by his followers, spoiling the valid points that they make. For example, gentle births and avoiding birth traumas are noble and correct causes. However, claiming that ALL psychological problems may have birth trauma as the underlying cause is pushing it too far. Suggesting reliving birth over and over again will reverse the effects of birth is also getting wacky. (this is found more in Janovs books after 1971). Janovs works

have a tendency to draw you in with true and emotional themes, but they take you too far into his single deterministic model, and get you believing in things that are not proven, and actually unlikely.

[Download to continue reading...](#)

Why You Get Sick and How You Get Well: The Healing Power of Feelings Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) Communion of the Sick: Approved Rites for Use in the United States of America Excerpted from Pastoral Care of the Sick and Dying in English and Spanish Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) THE FOURTH CHAKRA HEALING BOOK - DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION: To Heal Emotional Wounds, Feelings of Being Unloveable, Issues of Grief & Loss REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty! Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones,Relieve Stress, Energy Healing) Eat Meat And Stop Jogging: 'Common' Advice On How To Get Fit Is Keeping You Fat And Making You Sick Why Should I Eat Well? (Why Should I? Books) Healthy at Home: Get Well and Stay Well Without Prescriptions Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired The MD Emperor Has No Clothes: Everybody Is Sick and I Know Why Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back

[Dmca](#)