



Timeless Healing: The Power and Biology of Belief

Herbert Benson

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Timeless Healing: The Power and Biology of Belief Herbert Benson

In this life-changing book, Dr. Herbert Benson draws on his twenty-five years as a physician and researcher to reveal how affirming beliefs, particularly belief in a higher power, make an important contribution to our physical health. We are not simply nourished by meditation and prayer, but are, in essence, "wired for God." Combining the wisdom of modern medicine and of age-old faith, Dr. Benson shows how anyone can, with the aid of a caring physician or healer, use their beliefs and other self-care methods to heal over 60 percent of medical problems.

As practical as it is spiritual, *Timeless Healing* is a blueprint for healing and transforming your life.

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