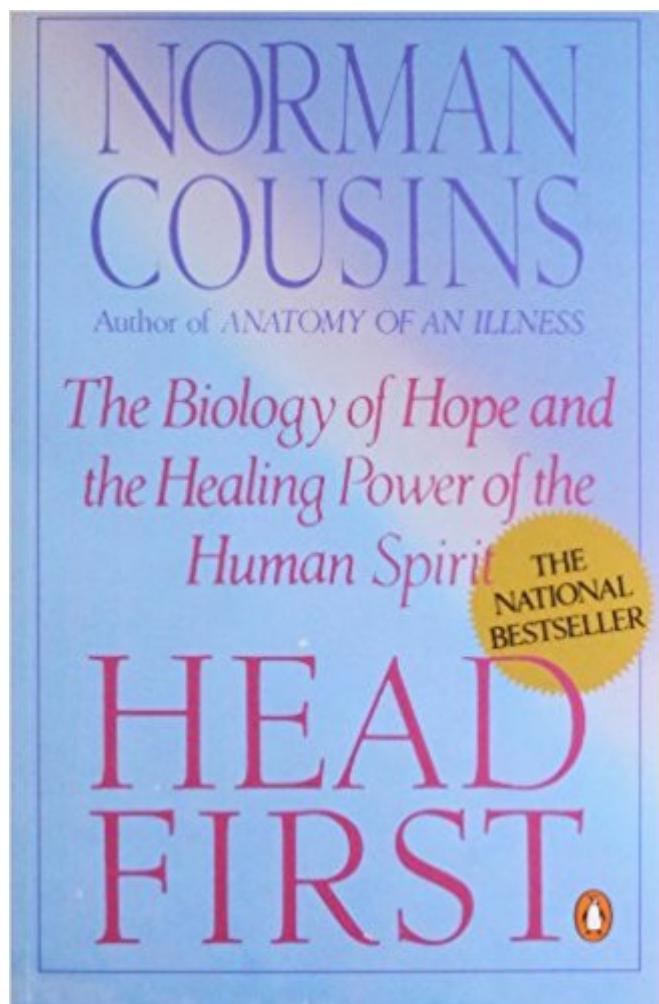


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# Head First: The Biology Of Hope And The Healing Power Of The Human Spirit



## **Synopsis**

"An eloquent plea for two needed emphases: more humane doctor-patient relations, and greater patient involvement in the struggle with disease.";Melvin Konner.

## **Book Information**

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## **Customer Reviews**

Anecdotal research combines with scientific data in this effort to show that a positive attitude can aid the healing process. "Cousins's scrupulously detailed information makes the book invaluable," applauded PW. Copyright 1990 Reed Business Information, Inc.

Norman Cousins was a longtime editor of the Saturday Review and the author of eleven books on health and healing, among other works.

Any book by Norman Cousins is wonderful & this certainly didn't disappoint. A wonderful man with a strong belief in mind/body medicine which is a philosophy that has given me life & able to puzzle some medicos for many years. In my own books I have deemed it an honor for readers to mention Norman Cousins & my first book Six Months to Live in the same breath. Long may the memory of the late Norman Cousins live on

Too many medical doctors expect respect, appreciation, and complete compliance with their directives without making any real effort to relate to the patient. Relationship skills and attitudes the

doctor and patient bring to the matter being addressed make a difference in the outcome. Cousins makes that point very clear.

This story clearly explains the power of one's mind. Attitude towards one's illness is more important than many people realize.

I purchase and give this book whenever I have a friend that has been diagnosed with cancer. It helped me focus on what was important during my own recovery from non-Hodgkins lymphoma (1991), Great writer and individual who put his money and time to follow and implement what his principles were.

because it is a very important book. Its contents and concepts have a very important message it is very well written

Very good

Everything is perfect thanks

I was more looking for the essence of Cousins philosophy and any new research. This book is more Like "Norm's adventures at Med School". I should have just read the first book. I think Cousins has stretched two books worth of material into about 8 books and this one is not what i was looking for.

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