



# Healing Into Immortality: A New Spiritual Medicine of Healing Stories and Imagery

*Gerald Epstein*

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## **Healing Into Immortality: A New Spiritual Medicine of Healing Stories and Imagery** Gerald Epstein

Gerald Epstein, M.D., a leading pioneer in the field of mindbody medicine, introduces a breakthrough book that can quite literally save - and perhaps indefinitely extend -- your life. In *Healing into Immortality*, Dr. Epstein outlines a proven program of self-healing based on 45 years of clinical practice and a lifetime of investigation into the role of the mind as the source of illness and health. Physical symptoms are only the outward manifestation of a mind and body out of synch with spirit. Through the power of mental imagery, will and memory we can restore ourselves to wholeness, heal virtually every kind of disease and prevent illness. Utilizing the healing stories of the Bible and western spiritual practices, Dr. Epstein has revived a tradition of healing more than five thousand years old. Complete with case histories, exercises, and visualizations, here is the definitive guide to using your mind to heal your body.



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