



Love and Survival: The Scientific Basis for the Healing Power of Intimacy

Dean Ornish

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The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives. Yet most people don't realize how much it can increase the quality of our lives -- our survival.

In this *New York Times* world-renowned physician Dean Ornish, M.D., writes, "I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy. Not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery."

He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease: loneliness, isolation, alienation, and depression. He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival. Dr. Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness, suffering into joy.

Love and Survival: The Scientific Basis for the Healing Power of Intimacy Details

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Author : Dean Ornish

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Licia says

I am reading the 1998 version of this now. After studying the latest in interpersonal neurobiology this comes as no surprise. But I think it is a great beginner book to affect a paradigm shift with valid points on how our medical system operates and I mean operates. The system works to allow complicated surgeries and medications with devastating side-effects as remedy to pain and suffering when it is proven that relationships, love and caring improve our hearts and our lives. Give me a hug, anyday!

Kathleen says

This book has sadly sat on my shelf for over 15 years. I finally picked it up and boy am I ever glad I did. The author provides an easy to read book about the importance of love and especially intimacy on the power of healing. It is more than just feeling loved that contributes to healing, it is about having intimate connections that allow you to be your true self. He touches on many different connections - marriage, religion, counseling, and self. Great read!

Susan Basanjav says

interesting topic..i love Dr. Ornish work so i think it will definitely beneficial.

Jay says

To live a life that is full of love is the only way to live life...thank you Dr Ornish for this lovely honest look at living a life with full of love.

Brenda says

We all know that intimacy improves the quality of our lives. Yet most people don't realize how much it can increase the quality of our lives -- our survival.

This book helped me to understand my relationship with myself and with God.

I think if more for understanding all kinds of relationship that we have.

Teri Temme says

People need people.

Christine says

Enjoyed the emphasis on research in the second section, but it the style didn't work for me.

Amiel Loiseau says

I loved this book. The intimacy between two human beings has the power to heal. By the same token, if a person has no real connection to another caring person, sickness and death are much closer. Trying to quantify the health benefit of having close, loving relationships is a tough task. This book did it. This book shows to me, without a doubt, that having a person who really loves you, and who shows it, is the best medicine, and laughter is a distant second.

morteza kazemian says

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Nancy Mramor-Kajuth says

Dean Ornish explains how it isn't just what we eat and how much we exercise, but who we love and how. And this is from a heart doctor whose first books were about nutrition! Very good.

Sarah says

I'm giving this book five stars because of how important I think the message is. Devaluing love and relationships within a culture has disastrous consequences for both our emotional and physical health.

Carolyn says

Feels outdated.

