



Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised: Introducing the Universal Healing Wheel

By M.D. Philip Shapiro

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With the advent of mind-body medicine, it is now possible to combine the healing principles of both the medical and spiritual fields. To this end, Dr. Phil Shapiro has developed a ten-step, self-help model that he uses himself and teaches to his students and patients. After you have received your medication, surgery, or natural remedy and you are still in pain, there are a variety of psychosocial and spiritual methods that can help you manage that pain skillfully. The ten-step model described in this book is a composite of healing principles and methods extracted from the great wisdom traditions and organized into cognitive-behavioral practices. These techniques are designed to help the reader accomplish three goals: 1. Expand healing power: for body, mind, and soul 2. Become more skillful pain managers: for any pain, problem, disease, or disability 3. Evolve spiritually: feel better, become a better person, and experience higher states of consciousness To take advantage of the healing principles embedded in the religions, we need to solve the problem of toxic language and traumatic religious history. There is a way to do this. We can design healing models that serve people of all persuasions: Baptists, Sufis, ethical humanists, scientific atheists, true believers, true non-believers-all of us have the same magnificent healing power in every cell of our bodies, and we know how to make it grow. The ten steps do not declare answers to life's big questions, such as why we are born, why there is so much suffering and evil, whether there is a God, and where we go after death. However, we can apply the wealth of healing wisdom in the great faith traditions to help us manage our pain and heal. This book is written for atheists, agnostics, religious or spiritual persons. Anyone can play in the expanded field of healing power.

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Editorial Review

About the Author

Dr. Phil Shapiro is a psychiatrist and devotee of yoga-meditation with an interest in the magnificent intelligent healing power as an antidote to the brutal realities of life. He has had a 40-year career as a clinician, teacher, and administrator in public psychiatry. Work has taken him from the inner city to the Alaska bush, from holistic to addiction medicine, and from the boardroom to the streets. In 1974, he worked in one of the first interdisciplinary holistic clinics in New York City. In 1983, he became the Director of Mental Health and Developmental Disabilities for the State of Alaska. Following that, he was the Chief Medical Officer at Oregon State Hospital and then Clinical Director of Forensic Psychiatry at Western State Hospital. He has been a surveyor, reviewing quality of care in hospitals and clinics throughout the country. For the past eighteen years, he has worked in community mental health centers. Dr. Shapiro received his medical degree in 1969 from the University of Illinois Medical School, where he was a member of the medical honorary society, Alpha Omega Alpha. He trained in psychiatry at Albert Einstein College of Medicine, Downstate and Kings County Hospital in New York City and received a masters degree in public health from Columbia University. Dr. Shapiro has been on the faculty of the Department of Psychiatry at Columbia University and is currently an Associate Clinical Professor in the Department of Psychiatry at Oregon Health and Sciences University. While he has studied the nature of disease and healing with many of the masters of psychiatry, psychology, and spirituality, his greatest teachers have been his patients who carry the devastating aspects of life: racism, poverty, mental and physical illness, homelessness, child sex abuse, rape, domestic violence, and addiction. These courageous people and the mean streets they walk continue to be his teachers of the brutal realities of li

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This Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised: Introducing the Universal Healing Wheel is new way for you who has fascination to look for some information mainly because it relief your hunger of information. Getting deeper you into it getting knowledge more you know or else you who still having tiny amount of digest in reading this Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised: Introducing the Universal Healing Wheel can be the light food to suit your needs because the information inside this kind of book is easy to get by anyone. These books develop itself in the form which can be reachable by anyone, yep I mean in the e-book web form. People who think that in publication form make them feel sleepy even dizzy this publication is the answer. So there is no in reading a guide especially this one. You can find actually looking for. It should be here for a person. So , don't miss the idea! Just read this e-book style for your better life along with knowledge.

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