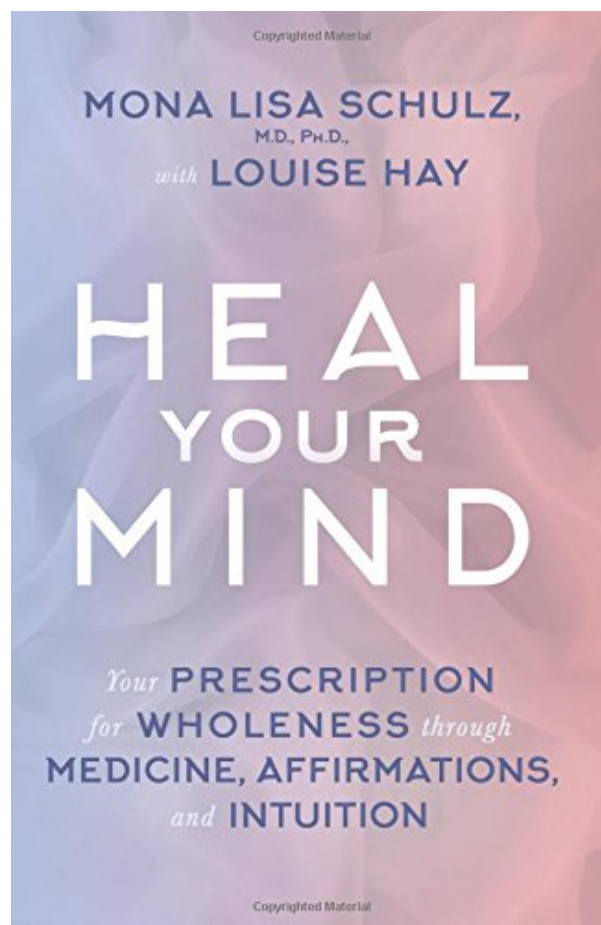


**HEAL YOUR MIND: YOUR PRESCRIPTION
FOR WHOLENESS THROUGH MEDICINE,
AFFIRMATIONS, AND INTUITION BY MONA
LISA SCHULZ M.D. PH.D., LOUISE HAY**



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Louise Hay, author of the international bestseller *You Can Heal Your Life*, is a metaphysical teacher and lecturer with more than 50 million books in print worldwide. For over 30 years, she has been helping people discover and implement their full potential for personal growth and self-healing. Website: www.louisehay.com

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Wholeness Through Medicine, Affirmations, And Intuition By Mona Lisa Schulz M.D. Ph.D., Louise Hay

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Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use.

Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in *All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition*. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when:

- You feel sad, angry, or panicked
- An addictive substance or behavior has hold of you
- You have trouble focusing, reading, or remembering
- A past trauma is clouding your mind in the present
- An emotional state is a clue to a physical ailment
- And more

And in each chapter, you'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being.

Today, the "pill-for-every-ill" approach is so prevalent that we may think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements give us another important way to support mind-body health; and affirmations, as well as various forms of therapy, can restore us to balance by changing the way we think. *Heal Your Mind* puts all these tools at your disposal to help you choose your own path toward wholeness.

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- 384 pages

Review

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Most helpful customer reviews

29 of 29 people found the following review helpful.

Collaboration For Mind Wellness From An Intuitive and Affirmation-Based Perspective

By O. Merce Brown

This book is a sequel (although it stands alone) to Dr. Mona Lisa Schulz's and Louise Hay's book "All is Well: Heal Your Body with Medicine, Affirmations, and Intuition", which was about healing the body. This sequel is about healing your mind. You really don't have to read the first book to delve into this manual, which covers wholistic methods of coping with common "mind problems" like depression, anxiety, and addiction. It lightly includes allopathic medicine (it is not against using pharmaceuticals), but really focuses on alternative healing via methods such as affirmations, intuition, nutritional supplements, cognitive behavioral therapy, self-love, self-acceptance, and healthy foods. It also covers the brain and learning styles, memory, and body-mind interactions.

I would say that the strength of the book, and what differentiates it from other similar books, is in its authors. Mona Lisa Schultz is an internationally known physician and medical intuitive--probably the best known in the world. And of course, Louise Hay is renowned for her pioneering work in affirmations, self-healing, personal growth, and body-mind interaction. They each bring a unique perspective to this manual of mind healing. I have many other books on this subject, but I purchased this because it is unique, and filled with valuable intuitive and useful ideas.

The book is referenced with endnotes and has an index. The appendices include a diagram of the body's energy centers, and the famous Louise Hay "All is Well" table, which lists body ailments, the probably cause (originating in the mind--this is metaphysics), and a new thought pattern. The table (which is the book by Louise Hay "You Can Heal Your Life") is reproduced in its entirety. Even if you already own this, is it nice to have both together, and there are 277 other pages of fresh content.

The book is metaphysical, and refers to a Higher Power as "the Universe". This may appeal to some readers more than others. What I do is just translate "the Universe" references to my own Higher Power from my spirituality and I gain much support that fits my own religion.

Each chapter has affirmations from Louise Hay for whatever the problem being discussed is, as well as case

studies so that the reader can see how the insights can be applied.

This book is quite helpful, and can be read all the way through as I did, and then saved (as I will) as a reference for healing affirmations and perspectives.

Highly recommended.

20 of 20 people found the following review helpful.

Another valuable contribution to the field of holistic healing from Louise Hay and medical intuitive Dr. Schulz

By Jed Shlackman

Louise Hay, now entering her 9th decade, has had a prolific influence on the field of self-help and holistic healing. As a spiritual energy healer and holistic mental health counselor I have been tuned in to her writing for many years and find her books to be a valuable resource to share with clients. This newest collaboration with Dr. Mona Lisa Schulz is another helpful resource.

Heal Your Mind: Your Prescription For Wholeness Through Medicine, Affirmations, And Intuition is a collaboration of Louise Hay and Mona Lisa Schulz, M.D. and is a followup to their previous book All Is Well, furthering the exploration of the mind-body-spirit connection and ways we can use holistic approaches for healing. This book focuses on the most common psychological conditions people report difficulty with, providing insights into how those issues arise and how an integrative approach can help us effectively restore our sense of well-being.

Schulz explains how our moods and emotions trigger chemical processes in our body that can lead to physical symptoms and a vicious cycle of anxiety, depression, addiction, and other unpleasant states and patterns. This book teaches us practical ways to break out of the cycle of distress by using our emotional feedback system to recognize our own thought patterns and apply affirmations and other healing tools to shift our thinking and release the emotions that have built up. Emotions that are not consciously processed are often expressed subconsciously via physical symptoms and ailments.

Schulz has a lot of knowledge about mind-body interactions and describes the chemistry and biology of what is occurring. She also shares the various conventional and alternative remedies that people may use to address their symptoms. This book shares many case examples where Mona Lisa does a medical intuitive reading with a patient/client that gives insight into the person's issues and helps clarify how the person can take measures to restore health and wholeness.

The book explains the 7 chakras as energy centers/emotional centers that reflect major issues in our lives. It also includes the alphabetical chart of mind-body relationships that has appeared in other Louise Hay books such as Heal Your Body. This shows you what thought pattern might be fostering your mental or physical illness and provides affirmations that can help you transform your your thoughts and beliefs.

While this book is not comprehensive it does share a lot of valuable information and insight into how our minds and bodies function and how we can better address common patterns of psychological distress and imbalance. Schulz is a psychiatrist who is also a medical intuitive, so she perceives and addresses a fuller, deeper picture than conventional doctors. Louise Hay is a pioneer in spreading the message of self-love and metaphysical healing. Together, they present a holistic way of finding resources for healing.

12 of 12 people found the following review helpful.

I love all of her other books

By Christine A. Meldrum

This book wasn't very helpful. I love all of her other books, but not fond of books pushing medication as this one does. This was more a book about seeking outside help and using medication.

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