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## KEY=PHARMACY - GEMMA SCHMITT

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### THE POETRY REMEDY

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#### PRESCRIPTIONS FOR THE HEART, MIND, AND SOUL

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Penguin The US edition of the bestselling **The Poetry Pharmacy** A beautiful collection of curated poems each individually selected to provide hope, comfort, and inspiration—for all of life's most difficult moments Sometimes only a poem will do. These poetic prescriptions and wise words of advice are tailored to those moments in life when we need them most, from general glumness to news overload, and from infatuation to losing the spark. Whatever you're facing, there is a poem in these pages that will do the trick. This pocket-size companion presents the most essential fixes in William Sieghart's poetic dispensary—those that, again and again, have shown themselves to hit the spot. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even an excess of ego—or whether you are seeking hope, comfort, inspiration, or excitement—**The Poetry Remedy** will provide just the poem you need in that moment.

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### THE POETRY PHARMACY

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#### TRIED-AND-TRUE PRESCRIPTIONS FOR THE HEART, MIND AND SOUL

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Penguin UK 'Truly a marvellous collection ... There is balm for the soul, fire for the belly, a cooling compress for the fevered brow, solace for the wounded, an arm around the lonely shoulder - the whole collection is a matchless compound of hug, tonic and kiss' Stephen Fry As heard on BBC Radio 4, the essential prescriptions from William Sieghart's poetic dispensary Sometimes only a poem will do. These poetic prescriptions and wise words of advice offer comfort, delight and inspiration for all; a space for reflection, and a chance to realize - I'm not the only one who feels like this. In the years since he first had the idea of prescribing short, powerful poems for all manner of spiritual ailments, William Sieghart has taken his Poetry Pharmacy around the length and breadth of Britain, into the pages of the Guardian, onto BBC Radio 4 and onto the television, honing his prescriptions all the time. This pocket-sized book presents the most essential poems in his dispensary: those which, again and again, have really shown themselves to work. Whether you are suffering from loneliness, lack of courage, heartbreak, hopelessness, or even from an excess of ego, there is something here to ease your pain. 'The book is delightful; it rightly resituates poetry in relation to its biggest and most serious task: helping us to live and die well' Alain de Botton

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### MEDITATION AS MEDICATION FOR THE SOUL

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Radiance Pub Meditation has been valued in the East for centuries as beneficial to physical, mental, and spiritual health. Now, Western medicine, through research-based studies

performed in medical schools, universities, hospitals, and research labs, also is recognizing the efficacy of meditation for improving wellness. This groundbreaking book offers proven benefits of meditation for reducing stress-related ailments, such as cancer, stroke, heart, breathing, digestive, and circulatory problems, hypertension, migraines, depression, anxiety, and addictions; improving brain function and performance; managing pain; and achieving balance. Sant Rajinder Singh Ji Maharaj, in his keynote article, provides clear and compelling support for the value of meditation for the health of the spirit, upon which the health of the body and mind are based. Noted medical doctors, cancer researchers, psychiatrists, psychologists, chiropractors, brain researchers, neuroscientists, and those involved in alternative medicine have contributed articles rich in evidence supporting meditation as a complementary treatment modality. Meditation as Medication for the Soul is a must-read book for anyone seeking optimum health. "Latent within each person is a spiritual energy that has the power to make us whole. The technique by which we can tap into this latent power is meditation. Once touched by this inner force we undergo a profound transformation. We experience improved health of the body, mind, heart, and soul." -Sant Rajinder Singh Ji Maharaj

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### **365 PRESCRIPTIONS FOR THE SOUL**

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#### **DAILY MESSAGES OF INSPIRATION, HOPE, AND LOVE**

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ReadHowYouWant.com Bernie Siegel writes with humorous, down-to-earth wisdom that has improved the lives of countless readers. In 365 Prescriptions for the Soul, he treats us to his most user-friendly work of all: daily doses of inspiration and humor that gently and joyfully help us live more peaceful, loving, and fulfilling lives....

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#### **WISDOM FOR THE SOUL**

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#### **FIVE MILLENNIA OF PRESCRIPTIONS FOR SPIRITUAL HEALING**

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Gnosophia Publishers There's a fresh take on an old standby, the book of quotations. The difference with Wisdom for the Soul is in the selection and organization of the quotations. Each has been chosen for its universal application and poetic quality, grouped into one of 220 themes. While the usual subjects, are represented, the collection encompasses newer psychological territory such as Actualization, Avoidance/Denial, Chaos/Uncertainty, Polarity, Synergy, Unconscious, and more. Although the primary aim of the collection is self-help for the individual, with extensive cross-references to factors that foster or deter growth and well-being, the material will appeal to the quotation collector, speech-writer, and the general reader.

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#### **MEDICINE FOR THE SOUL**

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#### **9 MIRACLE PRESCRIPTIONS**

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Are you tired of feeling hopeless, lonely, anxious, or depressed? You have tried medication. Many times it helps you feel better; however, the emotional pain eventually returns. You have tried psychotherapy; however, it seems like your sessions become a lifetime journey. Although these common treatment methods can be very effective and even necessary at times, we must look to our Creator to heal our heart and soul from the inside out. In this bestseller, Jill Adams reveals common feelings, emotions, and spiritual strongholds that can often leave a person with a lifetime of grief, broken relationships, and agonizing emotional pain. Selfishness, depression, anxiety, anger, unforgiveness, guilt, loneliness, hardship, and pride are common issues many struggle with at some time in their life. Hallelujah! We can heal our broken heart and soul by ingesting God's comforting words of wisdom, hope, peace, and joy, reaping everlasting transformation of our mind and complete restoration of our heart. "We can do all things through Christ who strengthens us." (Philippians 4:13) When things seem hopeless, God works miracles. When you're sick and tired of being sick and tired, God will carry you. What is impossible with man is always possible with God (Luke 18:27). Apply these principles of daily meditation and ingesting a daily prescription of God's Word. You will not only experience the profound satisfaction of physical and emotional well-being, but you will also begin to feel peace like you have never felt before.

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#### **THE POETRY PHARMACY RETURNS**

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#### **MORE PRESCRIPTIONS FOR COURAGE, HEALING AND HOPE**

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Penguin UK 'A matchless compound of hug, tonic and kiss' Stephen Fry on William Sieghart's bestselling Poetry Pharmacy The Poetry Pharmacy is one of the bestselling (and most

giftable) poetry anthologies of recent decades. Now, after huge demand for more prescriptions from readers and 'patients' alike, William Sieghart is back. This time, tried-and-true classics from his in-person pharmacies are joined by readers' favourite poems and the new conditions most requested by the public - all accompanied by his trademark meditations (warm, witty and understanding, with just a twist of the challenging) on the spiritual ailments he seeks to cure. From ageing bodies and existential crises to long-distance relationships and embracing your slovenliness, The Poetry Pharmacy Returns caters to all-new conditions while drilling further down into the universals: this time, the challenges of family life, and of living as a person among others, receive a much closer look. Perfect for the treasured friends, barely tolerated siblings, beloved aunts and revered grandparents in your life.

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## **THE HARBINGER OF HEALTH, CONTAINING MEDICAL PRESCRIPTIONS FOR THE HUMAN BODY AND MIND**

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Health Research Books 1862 Containing medical prescriptions for the human body and mind. Some of the Contents: the Pearly Gates of Science; Philosophy of Disease; No Infallible Remedies; Medical Value of Clairvoyance; Self-Healing Energies Better Than Medicines; a Pneu.

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### **PRESCRIPTIONS FOR THE SOUL**

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#### **A HEALTHY LIFE AS PRESCRIBED BY THE GREAT PHYSICIAN**

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AuthorHouse This book contains an abundant of practical and valuable information for the person interested in maintaining a healthy body, mind, and soul. All of this can be made possible under the directions of the Great Physician. Readers will emerge with a deeper understanding of the value of theology. They will also emerge with a greater understanding of the holistic body, the works of the Great Physician, and His love for us are major Prescriptions. Topics for exploring: ? Power of Forgiveness ? Peace of Mind ? Climbing the Stairway to Heaven ? Dress for Today's Battle ? Meeting the Great Physician ? Your Soul Needs Healing ? Experiencing the Happy Feeling ? A Healthy holistic lifestyle

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## **THE HARBINGER OF HEALTH**

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### **CONTAINING MEDICAL PRESCRIPTIONS FOR THE HUMAN BODY AND MIND**

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#### **THE ANGEL HEART**

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Balboa Press Why would God design a heart-shaped flower that cries? A curious child picks such a flower and carefully pulls it apart, one poetic petal at a time, to reveal the secret wisdom of God's healing magic and free prescriptions for heart, mind, and soul. The enchanting flower featured in this story teaches children how to lead their thoughts toward a healthier emotional place. The flower also shares God's surprisingly simple lessons for physical well-being-breathing well, moving well, eating well, and resting well. Children will gain a deeper appreciation for the miracle of the heart and its role in giving them strength, joy, love, and peace. In addition, this book seeks to spark curiosity and conversation, which are two critical keys to learning. Having found God to be a most curious topic, I wrote with the intention of inspiring children to ask questions and converse more freely about God, nature, creation, life, feelings, beliefs, world peace, or even fairy magic-whatever thoughts surface naturally for them.

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## **101 EXERCISES FOR THE SOUL**

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### **SIMPLE PRACTICES FOR A HEALTHY BODY, MIND, AND SPIRIT**

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New World Library In these pages, Dr. Bernie S. Siegel offers 101 simple exercises for the soul, a divine plan for healing yourself and transforming your life. With his trademark humor and insight, he becomes your "workout coach," giving you this wonderful series of short and easy-to-apply exercises to help you achieve your potential and live a more peaceful, loving, and fulfilling life. As Bernie writes in the introduction, "Before you know it, you will begin to notice how your life has taken on more meaning and how much better you feel....The Force is with you. Believe me."

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## **CRYSTAL PRESCRIPTIONS**

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### **CRYSTALS FOR ANCESTRAL CLEARING, SOUL RETRIEVAL, SPIRIT RELEASE AND KARMIC HEALING. AN A-Z GUIDE.**

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John Hunt Publishing This practical sixth book in the Crystal Prescriptions series covers crystals for karmic clearing, soul integration and healing the family tree. In addition to our own karma, we are hampered by ancestral memories, attitudes and beliefs that are not necessarily ours. Fortunately, some extraordinary new crystals have appeared which help us to quickly and easily break lineages and clear our 'junk DNA', without having to relive the trauma of karmic history. With the assistance of these crystals, and some old favourites, it is possible to heal far back into the genealogical line and our own karmic past. The healing is then projected forward into the future so that generations to come can have the benefit of garnered soul and ancestral wisdom, but without the baggage.

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## **THE HARBINGER OF HEALTH**

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### **CONTAINING MEDICAL PRESCRIPTIONS FOR THE HUMAN BODY AND MIND**

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BoD - Books on Demand Reprint of the original, first published in 1865. Complete in One Volume.

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## **CHEMICALLY IMBALANCED**

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### **EVERDAY SUFFERING, MEDICATION, AND OUR TROUBLED QUEST FOR SELF-MASTERY**

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"In Everyday Suffering, sociologist Joseph E. Davis explores the motivations of the millions of Americans who take mood-altering drugs not for a serious mental illness, but to help deal with the problems and suffering of everyday life. Whereas in the past, a person going through a time of difficulty might keep a journal or see a therapist, the psychological has been replaced by the biological: instead of treating the heart, soul, and mind, we now take a prescription to treat the brain. Davis explores how this change has affected our sense of ourselves as people in the world. What do ordinary people find compelling in neurobiological interpretations and interventions? And what do these interpretations and interventions help them to be? In the end, Davis argues for more reflection on our social emotions in a way that neurobiological diagnoses drive out, for the frameworks that valorize everyday suffering as an opportunity to enrich the soul, to learn important truths about ourselves and the human condition. We miss out when we let a pill take those opportunities away"--

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## **PRESCRIPTIONS PERSPECTIVES PRAYERS**

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### **A DIVERSIFIED COLLECTION OF POETRY AND PROSE**

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Xlibris Corporation This unique collection of poetry and prose, interlaces. The author through her Christian journey or walk has woven a literary garment which includes three distinct themes: Prescriptions Doses of medicine for mind and spirit Perspectives Insights either experienced, witnessed or imagined Prayers Conversations with God If you are open to reading something exclusively different from the norm; that can lift your spirits, encourage belief in yourself, remind you to have faith in seemingly impossible times, and gives food for thought, than theres a song for you to sing; and a message just for you within the pages of this book.

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## **HEALING DEPRESSION WITHOUT MEDICATION**

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### **A PSYCHIATRIST'S GUIDE TO BALANCING MIND, BODY, AND SOUL**

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North Atlantic Books What if everything we thought we knew about depression—and how to heal from it—was wrong? Many antidepressants—the first line in our standard of care for treating depression—bring with them potential health risks, yet 1 in 6 Americans takes medication to alleviate feeling sad, anxious, stuck, or unable to focus or sleep. More and more, conventional medicine pathologizes how we respond to life's challenges—like feeling trapped in an unfulfilling job, grieving the death of a loved one, or being anxious about a bad relationship—telling us that they're symptoms of disease. Psychiatrist Jodie Skillicorn presents a new path, debunking the myth of the neurochemical imbalance and exploring the roots of depression, such as adverse childhood experiences (ACEs) and poorly managed day-to-day stress. Evidence-based and fully supported by current depression research, Dr. Skillicorn's holistic methods for beating depression—including nutrition, mindfulness, fostering meaningful connections, exercise, sleep, nature, and breathwork—empower readers to become agents of their own wholeness and healing.

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### **PEACE TREAT ME**

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### **NURTURING THE WOUNDED HEART TO HEAL THE MIND**

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Christian Faith Publishing, Inc. All through history, the toll of war has haunted the hearts and minds of its victims and survivors. The issue of internal conflict has paralyzed the victim's freedom to live in peace and at Peace Within. Separation anxiety has taken hold and created misery in the hearts of mankind. Fear and anxiety are epidemics in the world. The wages of fear, conflict, self-indulgence, and disconnect are felt in all of humanity. Throughout history, man has been searching for God, peace, purpose, and belonging. This is a universal truth sought after and longed for. At war or not, man has waged war within himself to live with a peaceful conscious and search for a place of belonging. All traditions of faith have made peace their core principle. To get out of human suffering, one must have connection to true Peace Within. Using history, modern psychology, ancient wisdom, and forty years of journaling as supportive research, Peace Treat Me became a proposal for healing wounds, speaking truth, and connecting to God for sustainable Peace Within. Peace Treat Me will address primary issues of the heart and mind while renewing the Spirit of God within. Peace will rise up as a refuge to protect, nurture, heal, and guide you. The power of Peace Within is central to the recovering soul and the healing mind. RX: Medication will not heal the root of suffering or give sustainable peace. Only the presence of God and meditation on God's word will crown peace to reign in you. It is pharmacia for the mind and strength for the soul. Peace Treat Me is a cry for focused attention and validation for the wounds of war and traumas of all dimensions on the human heart and mind. Peace Treat Me is for all who want to walk gently through the land mines of the soul and defuse all power to trigger harm. It is the mission of this book to empower the human spirit to live in devotion, speak truth, safe guard the mind, know self-worth for eternity, and wave the flag peace has treated me. I believe healing peace in the mind of one human being creates the pathway to heal others.

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### **THE HEART OF THE PROBLEM**

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### **A PRESCRIPTION FOR A DEEPER EXPERIENCE WITH GOD**

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This book is a guide to victory over life-dominating sin, based on two biblical principles remarkable in their simplicity: 1) There is no human remedy for sin. 2) The only cure for sin is in Christ.

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### **THE PRACTICE OF CHINESE MEDICINE E-BOOK**

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### **THE TREATMENT OF DISEASES WITH ACUPUNCTURE AND CHINESE HERBS**

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Elsevier Health Sciences Use Traditional Chinese Medicine in diagnosing and treating disease! Maciocia's The Practice of Chinese Medicine, 3rd Edition describes how to apply TCM theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice. Covering common, chronic, and acute conditions, Maciocia's provides guidelines to treatment with both acupuncture and Chinese herbs. Case studies offer real-world insights into determining effective treatment care. From an expert team of editors who were close to the late Giovanni Maciocia and who practice "the Maciocia way," this practical, illustrated text makes it easier to apply TCM in Western medical practice. Coverage

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of Traditional Chinese Medicine includes the diagnosis and treatment of 48 common diseases, conditions, and disorders. Discussion of aetiology, pathology, and differential diagnoses according to TCM is provided for each disease, condition, and disorder. **UNIQUE!** Summaries of Western differential diagnoses provide alternative treatment options. Coverage of treatments includes acupuncture and herbs, with explanations of choices. Reviews of clinical trials and modern Chinese literature report the experience of noted doctors of Chinese medicine. Practical appendices include Identification of Patterns According to the Six Stages, the Four Levels, and the Three Burners; Prescriptions; and Suggested Substitutions of Chinese Herbs. English-Pinyin Glossary of Chinese Terms is included. **NEW and UNIQUE!** Clinical Tips provide practical guidelines to diagnosing and treating diseases. **NEW and UNIQUE!** Red Flags list symptoms that may necessitate a referral to a Western physician. **NEW!** Updated clinical trials and references are added. **NEW!** Updated Western differential diagnosis sections are added. **NEW** discussion on sexuality in Chinese medicine is added. **NEW!** Additional tongue photos aid in diagnosing diseases, based on Chinese medicine protocols. **NEW!** Updated, full-color photos are added. **NEW!** Four new appendices are added, for a total of 10 appendices. **NEW!** Reorganization of material provides easier access to key topics.

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### **DETACHED LOVE**

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### **TRANSFORMING YOUR HEART SO THAT YOU CAN TRANSFORM YOUR MIND**

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Balboa Press We will dive deep into the inner and outer geography of our emotions. You'll discover where they live in the body and how to receive them as well as how you can release and express both negative and positive emotions. You'll learn about the heart cycles, disease and how we can heal our own bodies using our emotions as a power source. You'll also learn how to restructure our mindset to pay attention to alert of an oncoming trigger, how to refresh your inner and outer world, and who is worthy of being in your close circle of friends and gets the privilege of highly influencing you. Are you ready to release, restructure, refresh and rebirth? Start by transforming your heart to transform your mind and implementing the activities in Detached Love. The Replenish Me Membership is a great companion to restructuring your lifestyle. Cordelia Gaffar works with women who are ready to take action 1:1.

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### **BEST PRESCRIPTIONS TO BETTER YOU**

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Trafford Publishing This book gives advice on how to wisely use our time on earth. I view it as a sort of prescription for life, and as a physician-surgeon who has written numerous prescriptions each day for over thirty years, I feel I have something good to share. This book is unique in format because, while some of the articles are essays, others tend to outline instructions with explanations. This book is simple and clear, yet, the lessons are important to learn and follow. It gives specific examples on how to apply these important principles in our daily activities. This book is a collection of my writings over the past ten years.

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### **WRITE YOUR OWN PLEASURE PRESCRIPTION**

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### **60 WAYS TO CREATE BALANCE AND JOY IN YOUR LIFE**

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Hunter House Offers sixty suggestions for bringing back small, everyday pleasures into one's life to restore it's balance, and describes the five Polynesian keys to a happy life

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### **PRESCRIPTIONS FOR SUCCESS**

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### **MY PERSPECTIVE**

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Christian Faith Publishing, Inc. This book is designed to stimulate our thinking and to remind us of what we already know for the most part. Hopefully, it will help us develop a greater value system and recognize our self-worth. What really matters to you? Each individual is ultimately accountable for himself. So let's not waste time on trivial matters such as keeping up with the Joneses. Decide what your primary purpose is here on earth, and use your mind, body, and spirit toward accomplishing your purpose. I believe that one of my life's purpose is to give back and share some of my life lessons. Of course, I have been doing this for years. A few years ago, I started giving my family members a booklet each Christmas with a potpourri of motivational information based on Christian values. These words kept coming up in my spirit: "Tell the people." And my answer to this was "They will not listen," and that's when it hit me to write it down, and if they are not ready to hear it, they can read it later. I am concerned about my fellowman's health, well-being, and soul. My desire is to serve as a positive role model and motivator for others. Plus, the intrinsic rewards of helping others are great. This book should serve as an introduction to a

successful life. It can be used as a resource. I am a teacher from the heart, and I believe in this Chinese proverb "Give a man a fish and feed him for a day, teach a man how to fish and feed him for a lifetime." My favorite Bible verse is what gets me through life: "But seek ye first the kingdom of God and his righteousness and all these things shall be added unto you" (Matthew 6:33).

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## **PRESCRIPTIONS OF A POET**

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## **REMEDIES OF THE HEART**

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AuthorHouse

## **DR. SWAN'S PRESCRIPTIONS FOR THE HEART**

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B&H Publishing Group In Dr. Swan's Prescriptions for the Heart, funny man Dennis Swanberg sets out "to make you chuckle a little and think a lot" about what it really takes to build relationships that last a lifetime and beyond. Wise and wacky, you don't want to give this guy a scalpel, but his shot of insight here about that thing called love won't hurt one bit. Book jacket.

## **FULLY ALIVE**

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## **GOD'S PRESCRIPTION FOR A HAPPIER AND HEALTHIER LIFE**

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Xlibris Corporation The Most Efficient and Least Expensive Health Care Plan There Is Have you ever heard of a universal coverage offered by a health care provider that does not cost you a dime? "Impossible," you said! Here is one. This book will tell you how relevant and efficient such a plan is, how it works, and how it can heal body-mind-soul, patients and doctors, old and young, men and women, individuals and groups, nations and the entire universe. No drugs, surgery, or magical herbs are necessary. The one thing needed is to follow God's prescription. We may not be able to be in full control of our circumstances, but here are guidelines that enable us to have a healthier and happier life: • Finding meaning in life • Adopting healthy beliefs • Listening to God's word • Developing good nutrition and exercise programs • Detoxifying • Controlling stress • Strengthening your immune system to resist physical, intellectual, emotional, and spiritual viruses • Living up to your own potential • Helping yourself by helping others • Receiving and enjoying God's gifts • Glorifying God in your body • Making right choices • Simplifying • Living by timeless principles • Experiencing the healing power of laughter, sleep, leisure, and success • Celebrating life • Understanding Our Spiritual DNA • And much more In these pages of uncommon common sense, sensitivity, and profound understanding, Dr. Maalouf, by inviting us to dig to the root causes of our loneliness, depersonalized culture, and general physical, mental, and spiritual malaise, helps us to rediscover the secret of living the fullness of life. You are invited to try this plan at no cost to you except your willingness, enthusiasm, and commitment. Since no one else can do it for you, please choose to make this plan your way of life and you will see the difference it will make.

## **THE SPIRITUAL DISCOVERY JOURNAL**

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## **A GUIDE FOR YOUR AWAKENING**

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A journal lovingly created by 12 inspirational leaders. They will introduce you to methods of guided journaling to discover your own spiritual gifts, awaken your mind, expand your life and inspire your heart & soul.

## **EMOTIONALLY FREE**

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## **A PRESCRIPTION FOR HEALING BODY, SOUL, AND SPIRIT**

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Essence Publishing (Canada) Are you struggling to control your thoughts, moods, and emotions? Are you tired of always living with a sense of spiritual defeat? God wants us to be more than saved. He wants us to be transformed by the renewing of our mind. Emotionally Free will show you how you can be transformed in body, soul, and spirit. You will discover a freedom you never knew was possible and reach a better understanding of how to resolve depression, anxiety, and mood swings. As a Christian mental health physician, Dr. Grant

Mullen has observed the constant struggle that so many Christians live with every day. Many churches rarely acknowledge this struggle. Through patient interviews and his own journey, Dr. Mullen found three links in the chain of emotional bondage that keep Christians bound spiritually, mentally and emotionally. Emotionally Free describes those three links and how with God's help we can be set free to live a transformed and victorious life. Learn how to assess your thoughts, personality, and spirit. Emotionally Free puts an end to the unnecessary competition that has existed among psychiatry, counselors, and deliverance ministers. These are important complimentary ministries that we all need. This book explains the role of each and how to know when you need them. You will also learn how depression, anxiety, and mood swings affect Christians in a unique way, and you will be able to assess your own moods and determine if you need medical treatment. Reach a greater understanding of where your spiritual authority comes from and how to use it to set yourself and others free. No matter how suffocating your bondage is now, God is waiting and willing to set you free. Dr. Mullen clearly outlines steps to invite the Holy Spirit into the problem to heal and restore you. Discover a new freedom in your mind, attitudes, reactions, and relationships as you become Emotionally Free. Dr. Grant Mullen is a mental health physician in Ontario, Canada. He writes and lectures internationally on how medical treatment, deliverance and the healing of our emotional wounds all work together to break the chains of emotional bondage. Dr. Mullen has a special interest in how depression, anxiety and mood disorders affect Christians. Grant is married to Kathy and they have two children. For more information on Dr. Mullen's books, videos, seminars and consultations visit: [drgrantmullen.com](http://drgrantmullen.com)

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### **PRESCRIPTIONS FOR LIVING**

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#### **INSPIRATIONAL LESSONS FOR A JOYFUL, LOVING LIFE**

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Random House A pioneer in mind-body medicine, Dr Bernie Siegel has led the way in demonstrating how a positive attitude and an ability to give and receive love can influence our health, our ability to heal and most importantly, the quality of our lives. In this extraordinary book he addresses all of us who are seeking a more joyful and productive life, and uses personal anecdotes and touching stories that go far beyond his previous work. Full of wise insights and Siegel's deep compassion, Prescriptions for Living undoubtedly has the ability to transform our lives.

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#### **DARK NIGHT OF THE SOUL**

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Whitaker House "In the dark night of the soul, bright flows the river of God." —St. John of the Cross Why does God allow us to fall into this empty void? Does He not love us? Will He not help us? How do we deal with feeling abandoned in hopeless darkness? Is there a light at the end of the tunnel? In sixteenth-century Spain, a poor monk became a spiritual giant. His life was devoted to prayer, poverty, solitude, and silence in pursuit of the beauty and goodness of God. When his intimacy with Jesus led to imprisonment, John used the time to compose a spiritual masterpiece in which he takes readers on a deeply spiritual journey through hardships and temptations to complete union with God. In a step-by-step process, he shows how God can use this "dark night" to eventually bring our human spirits into greater illumination, revealing heavenly wisdom and the passion of divine love. It is possible to walk securely through the darkness and experience the wonderful effects that are wrought in the believer as a result of the dark night.

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#### **A PRESCRIPTION FOR LONG-LASTING YOUTH**

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#### **HOW ELSE CAN A GUY OVER 70 AND RETIRED HAVE SO MUCH FUN!?**

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Author House After thirty-eight years working in the computer industry, Dian has found retirement to be surprisingly exciting and fun. Besides traveling, cruising, and casino hopping, he and his wife also enjoy many other good things their retired life has to offer. However, everywhere they went, they saw seniors struggling with their poor health and disabilities. It made them realize how fortunate they are that at their age, they still have excellent health. Obviously, the decision they made earlier in life that put health as an equally important goal as wealth for their retirement was a wise one, and it made all the difference. In addition, they also have no illness or handicaps of any kind, and are not dependent on any mandatory medications. This is why, even in their seventies, they are still able to do all the fun things they used to do in their younger years. Furthermore, Dian had a very successful career. Like others, he dealt with cutthroat competition under unrelenting stresses in his profession, yet still managed to stay on top without sacrificing his good health. He did this by choosing to live a healthy lifestyle that included regular vigorous exercise, a healthy diet, sufficient rest and recovery, and an active sex life, four parts of his "prescription for long-lasting youth." That is the secret of how he has managed to stay totally fit at over seventy, and still looks and feels like an extremely fit young man twenty years younger. This is what he shares with the readers, plus the fun-filled lifestyle that he and his wife now enjoy living in retirement. Dian associates real-life scenarios, some of them with multicultural background, to address many interesting but relevant issues concerning retirement, sex life, health, and fitness, and the positive impact living a healthy

lifestyle can have on our aging process. As part of the conclusion, Dian said, "What I described as my 'prescription for long-lasting youth' is at best a strong personal belief, but one that seems to have promising merits, and supported by my personal experience to this date. Although it has made a believer out of me, it will take my lifetime to prove it, and that could be a very, very long time.....too long for you to wait for it, even if you could afford to. So why not just join me and give it a try? What have you got to lose, your life?"

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## **WINNING WORDS**

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### **INSPIRING POEMS FOR EVERYDAY LIFE**

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Faber & Faber Faster, higher, stronger: winning words are those that inspire you on to Olympian goals. From falling in love to overcoming adversity, celebrating a new born or learning to live with dignity: here is a book to inspire and to thrill through life's most magical moments. From William Shakespeare to Carol Ann Duffy, our most popular and best loved poets and poems are gathered in one essential collection, alongside many lesser known treasures that are waiting to be discovered. These are poems that help you to see the miraculous in the commonplace and turn the everyday into the exceptional - to discover, in Kipling's words, that yours is the Earth and everything that's in it.

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### **OBSTETRICS AND GYNECOLOGY IN CHINESE MEDICINE E-BOOK**

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Elsevier Health Sciences New edition of the most comprehensive Chinese Medicine Obstetrics and Gynecology textbook in the English language World-renowned author and teacher Giovanni Maciocia gives a clear, detailed explanation of the physiology, pathology and aetiology of women's disorders in Traditional Chinese Medicine (TCM) and adapts these to Western conditions and patients. Seventy gynecological conditions are discussed in detail with consideration given to differentiation between conditions, the advised treatment using acupuncture and herbs, prevention and prognosis. Guidelines on lifestyle and use of the eight Extraordinary Vessels are provided, with case studies allowing easy application of theory to practice throughout. New for this edition: New attractive two-colour layout with book marks to ease navigation Endometriosis and its treatment now included and fully covered in a new chapter Infertility chapter includes recent research highlighting factors in infertility All prescriptions now removed from the text and attractively presented in three appendices: Patient Remedies, Prescriptions and Three Treasure Remedies "Obstetrics and Gynecology in Chinese Medicine is a paradigmatic work. It is tempered with reverence and innovation, meticulous archival attention and detailed modern clinical insight. When future generations look back at this work...they will find not only knowledge and wisdom but also reasons for inspiration and awe." From the Foreword to the first edition by Ted J. Kaptchuk, Associate Director, Centre for Alternative Medicine Research, Beth Israel Hospital; Instructor in Medicine, Harvard medical School, Boston, USA. • Physiology and pathology of women's disorders in Chinese medicine • Aetiology and diagnosis of women's disorders • Differentiation and treatment - including acupuncture, herbs and patent remedies - of 64 gynecological conditions • Prevention and prognosis for each disease • Approximately 100 case histories from the author's own practice • A detailed discussion of the use of the eight extraordinary vessels in gynecology

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### **THE PSYCHE IN CHINESE MEDICINE E-BOOK**

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### **TREATMENT OF EMOTIONAL AND MENTAL DISHARMONIES WITH ACUPUNCTURE AND CHINESE HERBS**

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Elsevier Health Sciences THE PSYCHE IN CHINESE MEDICINE comprehensively discusses the treatment of mental-emotional disorders with both acupuncture and herbal medicine. Suitable for practitioners and students of Chinese medicine it discusses first the aetiology, pathology and diagnosis of mental disorders. It explores the nature of the Mind (Shen), Ethereal Soul (Hun), Corporeal Soul (Po), Intellect (Yi) and Will-Power (Zhi) and then presents the diagnosis and treatment of the most common psychological disorders with both acupuncture and Chinese herbs in detail. Specific chapters focus on the treatment of common conditions including depression, anxiety, insomnia, panic attacks, bipolar disorder and Attention Deficit Hyperactivity Disorder. Each condition is illustrated with case histories from the author's 35 years-long practice. Comprehensive discussion of the nature of the Shen, Hun, Po, Yi and Zhi in Chinese medicine The first detailed description of the nature and functions of the Hun (Ethereal Soul) and how that relates to conditions such as depression, bipolar disorders and Attention Deficit Hyperactivity Disorder An entire chapter dedicated to the functions of acupuncture points in the treatment of mental-emotional disorders Case studies that offer realistic insights and understanding to the range of diagnostic and treatment choices the practitioner can make Attractive 2-colour page layout gives easy access and navigation around the text

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### **REWIRE YOUR BRAIN**

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## THINK YOUR WAY TO A BETTER LIFE

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John Wiley & Sons How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

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## SOUL FOOD

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### NOURISHING POEMS FOR STARVED MINDS

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Ranging from Rumi, Kabir and Blake, to Rilke, Emily Dickinson and Paul Celan, this wide-ranging selection includes contemporary poets such as Jane Hirshfield, Denise Levertov, Thomas Merton and Mary Oliver, as well as by many lesser-known writers from all periods and places. The anthology opens with a series of poems on human life and spiritual sustenance, starting with Rumi: --This being human is a guest house. / Each morning a new arrival--The poems which follow explore many ways of keeping body and soul together, offering food for thought on knowing yourself, living with nature, who or what is God ... All are universal illuminations of the meaning of life, speaking to readers of all faiths as well as to searchers and non-believers.

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## THE ULTIMATE HAPPINESS PRESCRIPTION

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### 7 KEYS TO JOY AND ENLIGHTENMENT

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Random House In The Ultimate Happiness Prescription, bestselling author Deepak Chopra shows how to be happy in spite of living in difficult or trying times. By looking through the lens of our contemporary understanding of consciousness, combined with Eastern philosophy, he has created a set of principles for living with ease. The result is an inspiring and instructive journey that leads to a prescription for living life mindfully, with a light heart and with effortless spontaneity - a prescription only Dr Deepak Chopra could write. With words like 'depression' and 'recession' in the air, he underlines the importance of keeping an eye on the positive aspects of life and finding ways to experience joy no matter what is happening to you. This remarkably clear and helpful book explains how to maintain an optimistic outlook and experience the benefits of having a happy heart and soul, no matter what the circumstances.

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## THE ENERGY PRESCRIPTION

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### GIVE YOURSELF ABUNDANT VITALITY WITH THE WISDOM OF AMERICA'S LEADING NATURAL PHARMACIST

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Bantam Are You Suffering from a Personal Energy Crisis? In this groundbreaking book, renowned educator, natural medicine pharmacist, and initiated shamana Connie Grauds helps you tap into the wellsprings of vital positive energy that lie within you—but are often blocked by the dispiriting negative energy of fear. Combining cutting-edge Western science with the ancient healing principles of shamanism, Grauds explains how fear and its side effects are at the root of a variety of ailments, from lethargy, depression, and insomnia to the most serious illnesses—and provides a practical program that will revitalize every area of your life. From restoring physical and emotional health to gaining harmony in work and personal relationships, here are exercises that will teach you how to: Eliminate energy-depleting habits and create new, energy-generating behaviors, identify your energy

**“leaks”, release stress and tension through a deeper somatic awareness and to restore the dynamic flow of energy through the eight primary entradas, or gateways: mind/soul, breath, water, food, exercise, nature, relationships, and altruism. In addition, Grauds shares personal experiences from her fascinating ten-year apprenticeship in the Amazon with a master healer. Now you can begin on a path of balance, wisdom, sanity, and self-knowledge that will support even the most demanding lifestyle and help you achieve the optimum health that is naturally yours.**