



Love and Survival: 8 Pathways to Intimacy and Health

By Dean Ornish

Download now

Read Online 

Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish

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.

 [Download Love and Survival: 8 Pathways to Intimacy and Heal ...pdf](#)

 [Read Online Love and Survival: 8 Pathways to Intimacy and He ...pdf](#)

Love and Survival: 8 Pathways to Intimacy and Health

By Dean Ornish

Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish

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: 8 Pathways to Intimacy and Health By Dean Ornish Bibliography

- Sales Rank: #127398 in Books
- Brand: William Morrow Paperbacks
- Published on: 1999-02-17
- Released on: 1999-02-17
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .72" w x 5.31" l, .65 pounds
- Binding: Paperback
- 320 pages

 [Download Love and Survival: 8 Pathways to Intimacy and Heal ...pdf](#)

 [Read Online Love and Survival: 8 Pathways to Intimacy and He ...pdf](#)

Download and Read Free Online *Love and Survival: 8 Pathways to Intimacy and Health* By Dean Ornish

Editorial Review

Amazon.com Review

Many people know Dean Ornish as the doctor who proved that symptoms of heart disease can be reversed with a regimen of a low-fat diet, exercise, and stress reduction. In *Love & Survival*, he concentrates on the less tangible aspects of a healthful life. Through anecdotes and dozens of scientific studies, Ornish demonstrates that personal intimacy and other aspects of emotional well-being--all the elements that make up what we call "love"--are as important to our physical condition as to our mental health. Not only do these positive emotions motivate us to make better lifestyle choices, Ornish argues, they also have a powerful direct effect on our bodies, giving us stronger immune systems, better cardiovascular functioning, and longer life expectancies. But the benefits of opening our hearts to others go beyond curing our bodies of disease; it's also the first step toward healing our entire lives.

From [Booklist](#)

With best-sellers on reducing stress and modifying diet to alleviate and reverse the effects of physical heart disease to his credit, Ornish now tackles "emotional and spiritual heart disease," the remedy for which consists of "love and intimacy." Ornish argues that affection is crucial to health with research findings as well as clinical-anecdotal evidence. The second of six fat chapters presents studies demonstrating that those who give and receive love are healthier than those who don't; this is intriguing and persuasive testimony that many may find squares with common sense. Succeeding chapters present the anecdotal evidence, beginning with Ornish's account of his own life-reversal (at 40, he found he was far better at giving than living his own advice) and continuing with advice on behaving and speaking so as to foster love, the story of a middle-aged physician (Ornish's patient) learning to heal his heart disease by coming to terms with anger, and the massive final chapter's interviews with other physicians and healers about their experience with the healing powers of love. Ornish conceives love broadly, bringing in the love of God as well as of mate, family, and friends, and he presents commitment as crucial to loving relationships, especially marriage, although his is a sadder-but-wiser perspective on matrimony than the never-divorced Catherine M. Wallace's in *Fidelity* (reviewed in this issue). With interviews in all media, a PBS documentary, a lecture tour, and a food-line launch accompanying publication, *Love & Survival* bids fair to be this year's *Eight Weeks to Optimum Health*. *Ray Olson*

From Kirkus Reviews

Ornish, the bestselling author known for using diet, exercise, and stress management to treat heart disease (Dr. Dean Ornish's Program for Reversing Heart Disease), now insists that the most powerful influences on health are love and intimacy. The founder of the Preventive Medicine Research Institute near San Francisco says he knows of no other factor--`not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery--that has such a major impact on our quality of life, incidence of illness, and premature death from all causes." After backing up this claim with an impressive review of the literature supporting the healing role of social support and intimacy and the health-damaging consequences of loneliness and isolation, Ornish looks inward and describes his own personal journey to greater openness. He follows these self-revelations with a discussion of intimacy-enhancing strategies. In what is the book's least cohesive chapter, he presents a standard exercise in communication skills and briefly discusses the value of human touch, the meaning of commitment, the practice of meditation, and the role of spiritual practices and psychotherapy in developing the sense of self that is a prerequisite to achieving intimacy. Ornish then inserts a lengthy illustrative anecdote: the case of a patient whose heart disease begins to reverse after he accepts Ornish's urging to open his heart and give up his anger. The second and more compelling half of the book consists of Ornish's

conversations on the role of love and intimacy in health and disease with a broad spectrum of thoughtful men and women with different perspectives: a yogi, an intuitive healer, a theologian, a sociologist, a psychologist, and many scientists and physicians. A curious work, loosely structured, sometimes to the point and sometimes rambling, blending scientific findings and personal convictions. (illustrations, not seen) (\$285,000 ad/promo; TV and radio satellite tour) -- *Copyright ©1998, Kirkus Associates, LP. All rights reserved.*

Users Review

From reader reviews:

Ivory Hughes:

Do you one among people who can't read enjoyable if the sentence chained in the straightway, hold on guys that aren't like that. This Love and Survival: 8 Pathways to Intimacy and Health book is readable through you who hate the straight word style. You will find the information here are arrange for enjoyable reading experience without leaving also decrease the knowledge that want to deliver to you. The writer connected with Love and Survival: 8 Pathways to Intimacy and Health content conveys thinking easily to understand by most people. The printed and e-book are not different in the articles but it just different as it. So , do you nevertheless thinking Love and Survival: 8 Pathways to Intimacy and Health is not loveable to be your top list reading book?

Stephanie Matias:

This Love and Survival: 8 Pathways to Intimacy and Health are generally reliable for you who want to be considered a successful person, why. The explanation of this Love and Survival: 8 Pathways to Intimacy and Health can be one of the great books you must have is definitely giving you more than just simple reading through food but feed anyone with information that might be will shock your prior knowledge. This book is usually handy, you can bring it just about everywhere and whenever your conditions at e-book and printed ones. Beside that this Love and Survival: 8 Pathways to Intimacy and Health giving you an enormous of experience such as rich vocabulary, giving you test of critical thinking that we know it useful in your day task. So , let's have it and luxuriate in reading.

Juan Jensen:

This Love and Survival: 8 Pathways to Intimacy and Health is great publication for you because the content which can be full of information for you who always deal with world and also have to make decision every minute. That book reveal it information accurately using great arrange word or we can claim no rambling sentences included. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but difficult core information with attractive delivering sentences. Having Love and Survival: 8 Pathways to Intimacy and Health in your hand like finding the world in your arm, information in it is not ridiculous one. We can say that no e-book that offer you world throughout ten or fifteen small right but this reserve already do that. So , this is good reading book. Hello Mr. and Mrs. busy do you still doubt which?

Carl Terrell:

What is your hobby? Have you heard that will question when you got students? We believe that that question was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. And you know that little person like reading or as examining become their hobby. You must know that reading is very important in addition to book as to be the issue. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You see good news or update about something by book. Amount types of books that can you choose to adopt be your object. One of them is Love and Survival: 8 Pathways to Intimacy and Health.

Download and Read Online Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish #U60PGVRNOJ4

Read Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish for online ebook

Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish books to read online.

Online Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish ebook PDF download

Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish Doc

Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish Mobipocket

Love and Survival: 8 Pathways to Intimacy and Health By Dean Ornish EPub