



# Deep Healing: The Essence of Mind/Body Medicine

*Emmett Miller*



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## Deep Healing: The Essence of Mind/Body Medicine Emmett Miller

Emmett Miller, M.D., practicing as a traditional family doctor for 20 years, discovered that when a part of your body is sick, the whole body system is out of balance. He saw that how his patients thought about and saw life, affected and seemed to create whatever their current state of health was. He has stated that it is not enough to heal the particular illness without understanding the emotional and psychological basis for the ailment or problem. We must heal the entire person...not just a specific part. Dr. Miller has had great success with guided imagery to promote physical health and emotional well-being. He has even been successful using guided imagery to do minor surgery without any anesthetic, again proving the mind/body connection, and the control of our bodies by our thoughts. Through the presentation of stories, reflections, and case studies, Dr. Miller presents his wonderful, deep healing theories that will instill a new sense of hope and optimism into all who read this book.



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