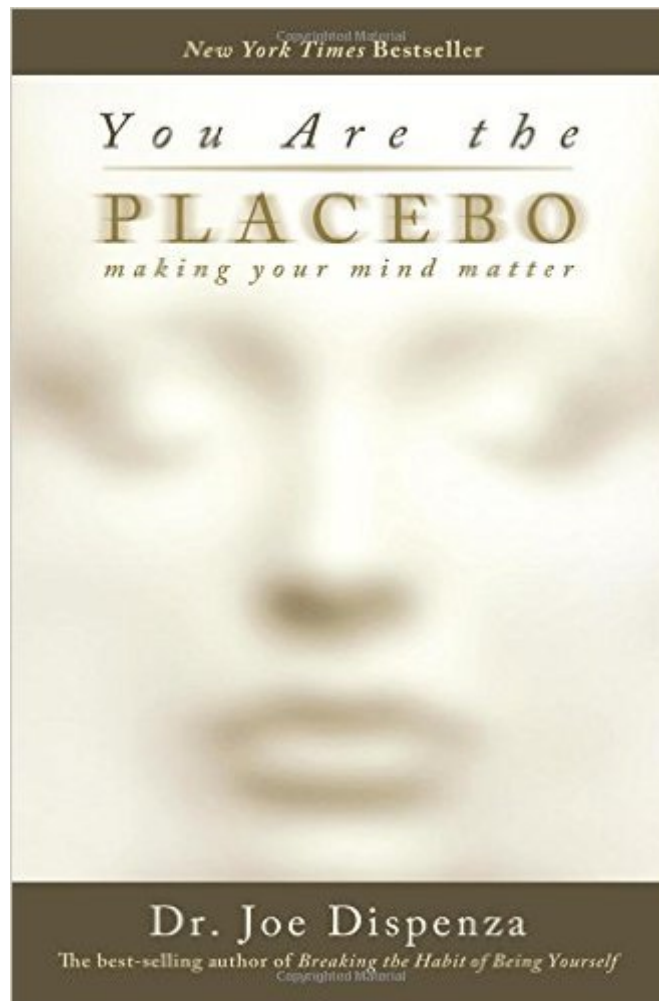


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# You Are The Placebo: Making Your Mind Matter



## Synopsis

Is it possible to heal by thought alone—without drugs or surgery? The truth is that it happens more often than you might expect. In *You Are the Placebo*, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. Similarly, Dr. Joe tells of how others have gotten sick and even died the victims of a hex or voodoo curse—or after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies use double- and triple-blind randomized studies to try to exclude the power of the mind over the body when evaluating new drugs. Dr. Joe does more than simply explore the history and the physiology of the placebo effect. He asks the question: "Can it be possible to teach the principles of the placebo, and without relying on any external substance, produce the same internal changes in a person's health and ultimately in his or her life?" Then he shares scientific evidence (including color brain scans) of amazing healings from his workshops, in which participants learn his model of personal transformation, based on practical applications of the so-called placebo effect. The book ends with a "how-to" meditation for changing beliefs and perceptions that hold us back—the first step in healing. *You Are the Placebo* combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect . . . and show how the seemingly impossible can become possible.

## Book Information

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## Customer Reviews

Dr. Joe Dispenza's most recent work, *You Are the Placebo: Making Your Mind Matter*, is the

perfect follow-on to his earlier work, *Breaking the Habit of Being Yourself*. Those who have studied the rationale and practiced the procedures discussed in *Breaking the Habit* (as I have done) will find this latest volume offers even more clarity about how to “fine tune” meditative sessions, so that practitioners can change themselves in significant and lasting ways. *You Are the Placebo* recounts compelling stories of people who have healed themselves “and remained healthy, by following a mindset focused on possibilities, rather than obstacles and problems. They didn’t allow the opinion of others “ professional or otherwise “ to short-circuit the beliefs they held and in many cases, felt intuitively about healing. Dr. Joe’s process in part involves “open focus” “ closing one’s eyes, taking attention from the outer world and placing it on the space around us in a way that removes considerations about the material world, allowing us to “not think. Transport yourself to the present moment, moving your intention and thus your energy to a place beyond time and thought. Allow your brain, the central nervous system, and the rest of your body to begin working together, becoming more balanced and integrated. Instead of a linear, material world of limited potential (mostly because we keep responding to new events in the same conditioned, often unproductive ways), it is possible to enter the “quantum field” of unlimited possibility existing beyond space and time. In breaking the habit of being our old selves, we can begin to shape a new and more productive physical and emotional reality.

I have both the author’s prior books and his “*Breaking the Habit*” book is one of my all-time favorite books. (This is from someone with well over 700 books on my bedroom shelves and many others on my kindle.) Having said that, initially I wasn’t all that interested in this book. I was familiar with the premise, but I thought it would be geared to people with serious illnesses or health problems, and I’m mostly healthy. I’ve been working with his meditations though, so I decided I might as well order the book on kindle and see what it was like. I’m so glad I did! I’m going to have to add it to my short list of favorite books. Yes, I think this book can be very beneficial for people with serious health concerns, but I think it can be equally beneficial for people without them. Basically, this book is for anyone who wants to change some aspect of their life. Does that apply to anyone you know? This is a practical book. It discusses things in easy-to-understand language and gives exercises and tools that people can easily use. It is backed by science -- both as a combination of research and empirical evidence. Neuroscience is certainly heady stuff, but Dr. Joe breaks it down in very clear explanations with the clever use of analogies that help you understand how these complex biological mechanisms work. Once you understand better why or how it works, it opens the door for you to believe it can work, and all the many examples in this book show the amazing things that

happen once you believe it's possible. This isn't a self improvement or self help book. Saying that just doesn't adequately capture it. This book is about transforming your life. I've been doing some of Dr. Joe's prior work, and I just picked up the new Meditation 1 that goes with this book.

This is a very hopeful book combining science and spirituality with the author's own experience and that of several others. He convincingly writes that the state of our health may not be as much out of our control as many of us have been brought up to believe. Basically, he says, the body experiences what the mind believes to be true, although it's more complex than that. The book begins with a story from the author's past. As a 23-year-old cyclist, Joe Dispenza shattered and compressed six spinal vertebrae in a freak accident in which he was dragged along the road. Surgeons suggested radical surgery and planting a rod in his back as the only solution. This would mean lifelong pain, but it seemed a choice between that and certain paralysis. Dispenza chose a third option which seemed more like a fantasy than anything reasonable. With faith and concentration, he gave his body mental instructions and a template for health, and refused to let any thoughts slip through of scenarios he didn't want to experience. Although his return to perfect health seemed like a miracle, he's sure there's more to it. He believes that as he selected one of several possible futures (of his choice) and experienced the appropriate emotions in anticipation, the cells of his body began to accommodate him. He believes negative emotions raise our stress hormones (such as cortisol and adrenaline), and changing our internal state through our thoughts, attitudes, emotions and habits can change our external states. This sort of practice has even been given the name of self-directed neuro-plasticity. We direct the formation of new neural pathways and destructions of old ones through what we chose to allow in our brains.

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