



# The Healing Mind: The Vital Links Between Brain and Behavior, Immunity and Disease

*Paul Martin*

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In *The Healing Mind*, Dr. Paul Martin, a renowned professor behavioral biology, asserts that Wolfe's words are closer to the truth than we might imagine. Long the stuff of poetry and folklore, there is increasing scientific evidence that the brain and the immune system are inextricably linked. Dr. Martin illustrates with remarkable clarity that biological and psychological links that do indeed exist between mind and body--links that have in intricately constructed by evolution over the millennia, links that, when frayed or severed, are the root cause of more problems than you might imagine.

Drawing together the latest biological and medical findings, *The Healing Mind* explains how we can at last reconcile many commonplace notions about "psychosomatic" illness and stress with a modern scientific understanding of how the mind and body affect each other. Martin makes impressive use of literary references to illustrate the degree to which we commonly (and accurately) observe the link between health and psyche. Here, presented in a fascinating and uniquely accessible manner, are the latest scientific solutions to some ancient puzzles concerning the relationship between brain, behavior, immunity, and disease.



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