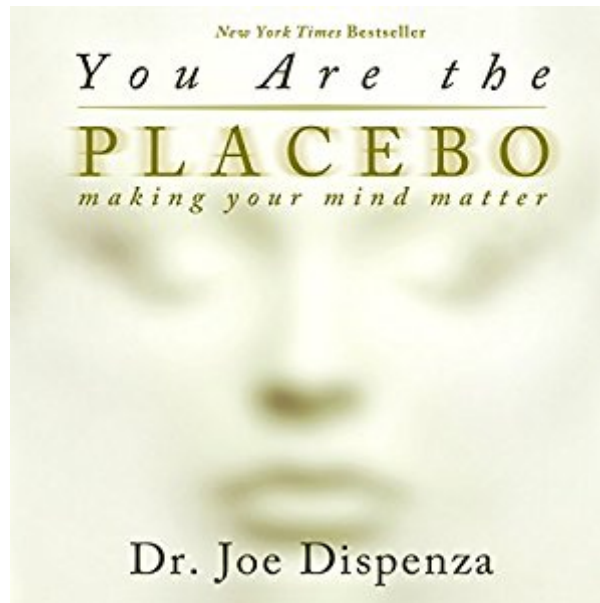




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# You Are The Placebo: Making Your Mind Matter



## 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: "Is it 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 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. In current brain research, the evolving science of neuroplasticity confirms that our brains are capable of change and improvement to an advanced age, via the construction of new neural pathways or synapses. It is becoming increasingly evident that the quality of how and what we think can go a long ways toward keeping us healthy or making us sick. So often in life, those who are adept at helping others heal have had to go through their own baptism of fire first. In the first section of *You Are The Placebo*, Dr. Joe discusses what many would call at the very least - a miraculous recovery, after he suffered severe spinal injuries when struck by an SUV while cycling in a triathlon. How he fashioned from the inside out the philosophy and practice that led him, against the odds to a place of optimum health, presents a powerful and informative read. Fifteen months ago, for over six weeks, a ruptured disc placed me in the most excruciating, unrelenting pain I've ever experienced. A specialist told me "The only option for you is spinal fusion". A prescribed medicinal pain patch dialed down in potency by 75% at the pharmacy before it was filled still literally almost killed me. The healing chiropractic work Dr. Joe performed at his clinic, along with my own meditation, following the very practices described in this book, enabled me to achieve a full recovery

without surgery. In the process leaving behind a number of my old self's limiting habits. I have also come to feel the incredible power and serenity that the simple act of expressing gratitude on a daily basis has brought into my life. We've all heard about the importance of expressing it after something helpful has happened. Before meeting Dr. Joe, I had never heard anyone recommend being grateful beforehand. Try it and see what you think. One very powerful aspect of his work involves the recognition that all of our behaviors begin first as thoughts. You think about a previous experience involving sadness, fear or anger. Soon your brain begins to respond by interpreting that emotion from the record of your past, leading to physical changes. With the body fully involved, you act out that emotion, which through time can become a temperament, even a personality. With your emotions driving your thoughts, you simply create more of your past. The result is a predictable, repetitive linear path, not unlike scenes from the movie Groundhog Day. Dr. Joe teaches you how to turn off this destructive thinking before the body can begin to act upon it. Eventually it can be left behind altogether, as a brighter future is brought into being with the help of new responses fashioned by and for yourself. If our thoughts truly create our reality or at the very least have a major impact on its formation, then an understanding and practice of the techniques fully discussed in this book can provide actionable advice leading to profound levels of personal transformation. As Dr. Joe says, in his Introduction about examples of the self-healing he later discusses, "you don't have to be a monk or nun, a scholar, or a spiritual leader to accomplish similar feats. My own experience in studying and practicing what Dr. Joe discusses in You Are The Placebo leads me without hesitation to recommend his work to anyone who desires to bring about systemic change in their lives, and who is willing to spend a bit of time and self-discipline to do so. Break the habit of being yourself "by yourself - and my guess is you'll conclude that continuing to invoke the old ways of responding to things no longer deserves to play a role in your present or your future."

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. I can definitely say that even in the short time (about 3 weeks) that I've renewed my daily meditation practice, I can see a noticeable improvement in my life. I am happier, calmer, and generally more positive. I can't wait to wake up in the mornings, so I can do my meditation. And if I can see that amount of change in 3 weeks, I'm excited about what continued practice can bring.

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