Benefits of an Enthusiastic Attitude

January 30, 2015 By Matt Starr

Nurturing the quality of an enthusiastic attitude applies to hepatitis C (in my case), all serious illnesses, recovery from substance abuse, and the range of negative life events that can turn our expectations and hopes upside down.

Try something, and see how it feels. Address the loss of control. Step into the roots of deep fear. Look deep in your heart and see if your fear can teach you anything. Recognize the power of the mind to affect healing. Allow the mind to align with the physical body and spirit. These are all parts of **attitude**, an important aspect of healing from within.

A quickly growing body of scientific research validates what many holistic healers have always practiced. This development is receiving increased validation from mainstream western medicine. Two examples of this school of thought come from the respected Lissa Rankin, M.D, and Deepak Chopra, M.D., as they are recognizing, embracing, and educating about this evolving field of study.

In the summary of the foundation of *Mind Over Medicine*, Rankin illuminates what I, as a patient, have felt. She writes about her medical training when she says, “Health care I had been taught to practice was missing something crucial: a recognition of the body’s innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind.”

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