



The Healing Power of Illness: The Meaning of Symptoms and How to Interpret Them

Thorwald Dethlefsen

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Based on the idea that a patient brings about their own illness, this book suggests that symptoms are expressions of psychological conflicts, and can only be healed when the patient is aware of what is behind the problem. The book covers the meaning of specific symptoms, covering various systems such as respiration and digestion, and illnesses ranging from cancer to varicose veins. In each case, the authors explore the mindset that precipitates the symptom, and suggest new perspectives which can induce healing.

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