Mind-Body Health and Healing
Using the Power of the Brain to Prevent Disease, Reduce Stress, and Slow Aging
Andrew Goliszek, PhD

A comprehensive guide that will help you develop your innate abilities to heal and optimize your physical, mental, and emotional health.

“Dr. Goliszek’s book is the most comprehensive book about the mind-body connection I’ve read. It is scientifically based, yet easy to understand.”
—Sandy Seeber, LPC, President, All My Relations, PA Co-Owner and Partner, Three Treasures Tai Chi, LLC

Here are the easy-to-follow directions you need to harness the healing power that exists within your brain. Mind-Body Health and Healing is packed with expert guidance and practical tips on how to use the natural power of the mind to create better health while breaking the habits, beliefs, attitudes, and behaviors that contribute to illness and disease.

Written by a physiologist with decades of experience in research and teaching, this unique, empowering book will forever change the way you approach your health.

“Mind-Body Health and Healing is filled with insight and guidance on improving one’s life by reducing and avoiding the ravages of stress. This scholarly work is at once informative, useful, and easy to read.” —J. Charles Eldridge, PhD, Professor of Physiology & Pharmacology, Wake Forest University School of Medicine
About the Author

Andrew Goliszek, PhD is an associate professor of Anatomy and Physiology at North Carolina A&T State University. Previously, he was a research associate at Wake Forest School of Medicine where he studied the effects of stress on endocrine and cardiovascular disorders during aging. Dr. Goliszek is a recipient of the prestigious College of Arts and Sciences Faculty of the Year Award. He is the author of two previous books: 60 Second Stress Management (New Horizon Press, 1993 and 2004) and In the Name of Science (St. Martin's Press, 2003).

Q & A with Andrew Goliszek

Why did you write Mind-Body Health and Healing?

After two editions of my previous book, 60 Second Stress Management, I wanted to expand upon the topic of stress management and actually teach readers how to use the power of the mind-body connection not only to relieve stress but to prevent disease and strengthen the immune responses that trigger self-healing.

What makes this book unique?

What's unique about this book is that it incorporates a variety of sometimes difficult to comprehend topics and presents them in a way that's both interesting and understandable. It's also the kind of book that readers can refer to over and over again in order to keep improving health and fitness for the rest of their lives. Many books on the market do not offer the kind of step-by-instructions, tips, and detailed examples that readers really like to see in a self-help guide. As a result, Mind-Body Health and Healing will serve as an important new reference work that will help readers discover the reasons they get sick and forever change the way they approach their health.

How does Mind-Body Health and Healing address recovery?

The premise of the mind-body connection is that the mind is the body's most powerful tool in stimulating hormones, evoking the relaxation response, and triggering self-healing. No matter what someone's addiction is, without brain conditioning and without using the mechanisms of the mind-body connection, recovery will be difficult to achieve or limited at best. My book is filled with suggestions on how to use the power of the mind to form good habits that will transform behaviors and perceptions from ones that cause illness and disease to ones that lead to recovery and health.

Who is your target audience for this book?

Today, more than ever, individuals are more health conscious, are taking charge of their own health, and want to know about effective alternative treatments in order to recover from addiction, heal themselves, and avoid costly medical procedures. The millions of people who watch medical shows and read health magazines could benefit from this book, as would anyone suffering from addiction or taking stress management courses. In fact, my stress management books have been used in the past by college counselors and by healthcare professionals. Similarly, Mind-Body Health and Healing is the kind of book that would be very useful as a supplement/guide for a variety of health-related courses.

Sales Points

- A timely and much-needed alternative to quick-fix self-help models.
- Introduces a variety of new scientific breakthroughs and incorporates some of the latest research findings to help readers take control of their health.
- Dr. Goliszek’s two previous books, 60 Second Stress Management (New Horizon Press, 1993 and 2004) and In the Name of Science (St. Martin’s Press, 2003) have done well both in the United States and abroad, where they have been published in twelve languages.