CONTENTS

Acknowledgments

Introduction STORIES, SCIENCE, AND

CULTURE UNDER THE SKIN 15

Chapter One THE POWER OF SUGGESTION 31

Chapter Two THE BODY THAT SPEAKS 67

Chapter Three THE POWER OF POSITIVE THINKING 103

Chapter Four BROKEN BY MODERN LIFE 139

Chapter Five HEALING TIES 175

Chapter Six EASTWARD JOURNEYS 205

Conclusion MAKING SENSE OF

MIND-BODY MEDICINE 243

Notes 257

Select Bibliography 299

Index 323