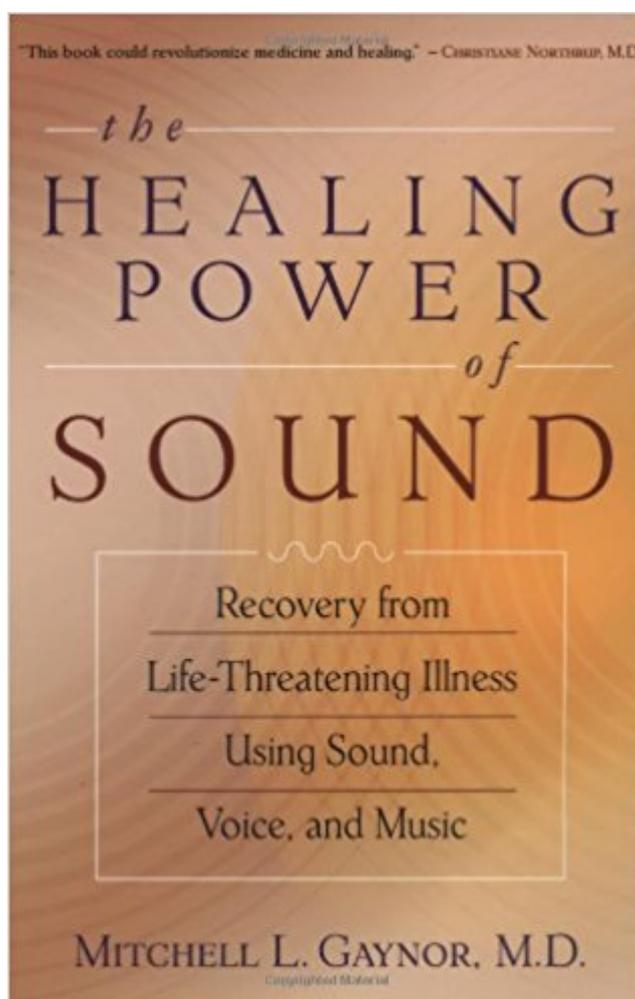


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The Healing Power Of Sound: Recovery From Life-Threatening Illness Using Sound, Voice, And Music



Synopsis

Since 1991, Dr. Mitchell Gaynor has been achieving remarkable results by integrating music, vocalization, breathing, and meditation techniques in his work with patients. In *The Healing Power of Sound*, he presents his sound-based techniques for self-healing—techniques that anyone can use, whether faced with a life-threatening disease or simply seeking relief from the stresses of daily life. Numerous studies have demonstrated the health benefits of music: it can lower blood pressure and heart and respiratory rates; reduce cardiac complications; increase the immune response; and boost our natural opiates. Gaynor shows how, when integrated as part of a mind-body-spirit approach to wellness, music can play a significant part in maintaining a healthy lifestyle or in healing serious disease. *The Healing Power of Sound* includes twelve exercises involving breathing, meditation, and "toning"—using pure vocal sound to resolve tension, release emotion, and spur the healing process—that can be used by anyone to improve health and quality of life.

Book Information

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Customer Reviews

"Dr. Mitchell Gaynor is one of the physicians who is crafting the medicine of the future."—Larry Dossey, M.D., author of *Healing Words* and *Healing Beyond the Body: Medicine and the Infinite Reach of the Mind* "This book is about healing your life through rhythm and harmony. Read it and learn how to orchestrate your life."—Bernie Siegel, M.D., author of *Love, Medicine, and Miracles*

Mitchell L. Gaynor, M.D., is the Director of Medical Oncology and Integrative Medicine at the Strang-Cornell Cancer Prevention Center, affiliated with New York Hospital. The author of *Healing Essence* and Dr. Gaynor's Cancer Prevention Program, he has been featured in numerous publications, including *Newsweek*, *USA Today*, *Fitness*, *Healthy Living*, and *Common Boundary*. He lives in New York City.

Mitch Gaynor is the best advocate for alternative healing ever. I am a sound healer and a harp therapist. I am the Director of the Therapy Harp Training Program and this book is required reading for all my students.

I write few reviews. However, I felt that I should write something about this great book and author. It is hard to find a Western-educated doctor who has examined the Eastern (Chinese TCM) and Indian (Ayurvedic) Medicine in such detail and combined them in a beautiful and scientific way. I read the book in one and a half days with great interest. Easy reading and understandable book written for a layman like me. I also ordered his other book "Sounds of Healing: A Physician Reveals the Therapeutic Power of Sound, Voice, and Music" and will start reading as soon as I receive it. Dr. Gaynor's book is full of gems for those who are interested in sound and music healing for themselves and others. You will find where the Western medicine still fails to address, especially in the field of energy medicine and why many people suffer while simple therapies are available. Those who have health issues may find some case studies that may help in recovery. I will keep this book as a reference book and hope that it will stay readable after many highlighting and notes of mine. I plan to order any future books written from Dr. Gaynor.

This book provides a compelling and entertaining combination of research, clinical and cultural anecdotes, and theory relevant to the phenomenon of sound healing. As a former researcher turned healer I appreciated the fact that this book documents primary sources, which for me is a necessity if I'm to take a book that refers to research seriously. Other books on the subject are interesting from theoretical, anecdotal, and cultural perspectives, but if you're also interested in the state of research on the subject this is the book I recommend.

I like the activities throughout the book and believe strongly in the healing power of sound and healing affect of vibrational frequencies. I also love that a regular doctor has found other ways of

dealing with cancer and getting to the root of it emotionally with tools for the client to utilize in their own personal healing experience, I give it a 3 for the useful exercises and good information brought to light about sound and its healing properties. The information in the book needs an update, but it's good enough until then.

Always willing to learn a new healing method to help those whose hearing is tuned to such a healing path. CST is non-invasive and no side effects to worry about as in some medications therapy. The author presents with caring and therapeutic concern for the people who chose to participate in their healing process with him.

Combines historical understanding of the power of sound throughout many cultures; and distills down this and simple spiritual practices of toning, mantra and emotional release work. I use the alchemy crystal bowls in my healing practice and LOVE them; and this work helps to explain and share the awesome benefits of vibrational medicine.

I love this book - it is authoritative and inspiring. It's full of real stories of this wonderful doctor's work with cancer patients. It's an amazing glimpse into the future of medicine, where the human factor is included and healing is understood as a personal process involving not only chemistry and biology but also humanity and spirituality. Wonderful to read for health professionals and very useful for anyone working with sound.

This is the best and most comprehensive book on sound healing that I have ever read. This book is a real eye opener and brings a new perspective to sound therapy.

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