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# The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music

By Mitchell L. Gaynor MD



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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.



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By Mitchell L. Gaynor MD Bibliography

- Sales Rank: #36400 in Books
- Brand: Brand: Shambhala Publications
- Published on: 2002-08-13
- Released on: 2002-08-13
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .75" w x 6.00" l, .83 pounds
- Binding: Paperback
- 272 pages

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"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*

#### **About the Author**

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.

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