

## You Are The Placebo Making Your Mind Matter Joe Dispenza

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You Are the Placebo: Making Your Mind Matter Is it possible to heal by thought alone—without drugs or surgery? The truth is that it happens more often than you might expect. In You Are the Placebo, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a ...

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You Are the Placebo: Making Your Mind Matter is a powerful exploration of your most important resource and offers many practical tools to optimize your mind to enhance your overall success. I love Dr. Dispenza's way of communicating complex ideas in a way all of us can understand and benefit from. ...

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You Are the Placebo: Making Your Mind Matter by Joe Dispenza. Summary. A placebo affect is when we believe in some external stimulus which changes our body condition or something else. This book is about how to harness and use this amazing power of the placebo effect but without external stimulus in order to our achieve our goals and health.

[You Are the Placebo: Making Your Mind Matter by Joe Dispenza](#)

Brief Summary of Book: You Are the Placebo: Making Your Mind Matter by Joe Dispenza. Here is a quick description and cover image of book You Are the Placebo: Making Your Mind Matter written by Joe Dispenza which was published in 2014-3-18.

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If you keep repeating the process in meditation, then in time, epigenetic changes should begin to alter your outer presentation—and you become your own placebo.” — Joe Dispenza, You Are the Placebo: Making Your Mind Matter

[You Are the Placebo: Making Your Mind Matter: Dispenza, Dr ...](#)

“You Are The Placebo”-making your mind matter by Dr. Joe Dispenza 1st edition available April 2014 (ISBN 978-1-4019-4458-2) is where spirituality meets science, where the reader is introduced to how powerful our thoughts can be and the effect it has on our physical body.

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Joe Dispena explores this idea in You Are the Placebo. This book explores the theory that you can learn the principles of the placebo effect and heal yourself with your thoughts alone. Using scientific evidence from his own workshops, Dr. Joe shows that it really is true, and then provides how-to guides to allow you to embrace this power for yourself.

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The book ends with a “how-to” meditation for changing beliefs and perceptions that hold us back—the first step in healing.You Are the Placebo combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect . . . and show how the seemingly impossible can become possible.

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[You Are The Placebo | By Dr. Joe Dispenza](#)

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In the “New York Times Bestseller” You Are the Placebo book, Dr. Joe Dispenza explores the history, the science, and the practical applications of the so-cal...

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In You Are the Placebo, Dr. Joe Dispenza explores the history, the science and the practical applications of the so-called placebo effect. Citing many amazing individual cases studies, this compelling book will empower you to personally use 'the expectation of a particular outcome' to alter your internal states - as well as external reality - solely through the action of your mind.

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