

# *Dr. Goldman's Book Reviews*

## **INVISIBLE ACTS OF POWER**

Personal Choices That Create Miracles

By

**Caroline Myss**

Free Press, Simon & Schuster, Inc. 2004

As Dr. Myss has grown and learned, she further developed her views of health and medical care. Her books should be read in order, as they build on one another. They are, in order: *Anatomy of the Spirit*, the first book in the series; *Why People Don't Heal, and How They Can*; *Sacred Contracts*; and *Invisible Acts of Power*.

The fourth in the series, Caroline Myss is taking the healthy body, mind and spirit out into the world to do good. Expanding greatly on the general ideas of loving one's neighbor and the Golden Rule, Myss reviews the Chakras and the ideas of the preceding books and is taking these concepts out into the world to help our fellow souls.

A few years ago, there was a nice family movie called *Pay It Forward*. The ideas are similar. In the film, young boy repays a kind deed by doing kind deeds to others. What goes around comes around. Paying forward good Karma is good for the whole world.

The insights of Caroline Myss have had a profound effect on my views of medicine and healthcare.

Robert P. Goldman, M.D.