

Dr. Goldman's Book Reviews

WHY PEOPLE DON'T HEAL,

And How They Can

By

Caroline Myss, Ph.D.

Three Rivers Press 1997

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*.

Carolyn Myss introduces the reader to the coming age, the Age of Aquarius. Made somewhat famous by the song from the Broadway Musical *Hair*, Dr. Myss explains the origin of the 2000-year ages marked out by astronomy and astrology. We have just transitioned from the Age of Pisces, which has spanned the years from the time of Jesus until now. The Age of Aries covered the two thousand years preceding Pisces.

Integrating her description of the Chakras with the effects of the new Age of Aquarius, Myss examines attitudes toward disease and healing. She then guides the reader to examine sources of their own **dis-ease** and suggests pathways toward health.

Caroline Myss introduces the concept of Archetypes written about by Carl Jung. Working with one's own personal Archetypes is the central task of her next book, *Sacred Contracts*.

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

Robert P. Goldman, M.D.