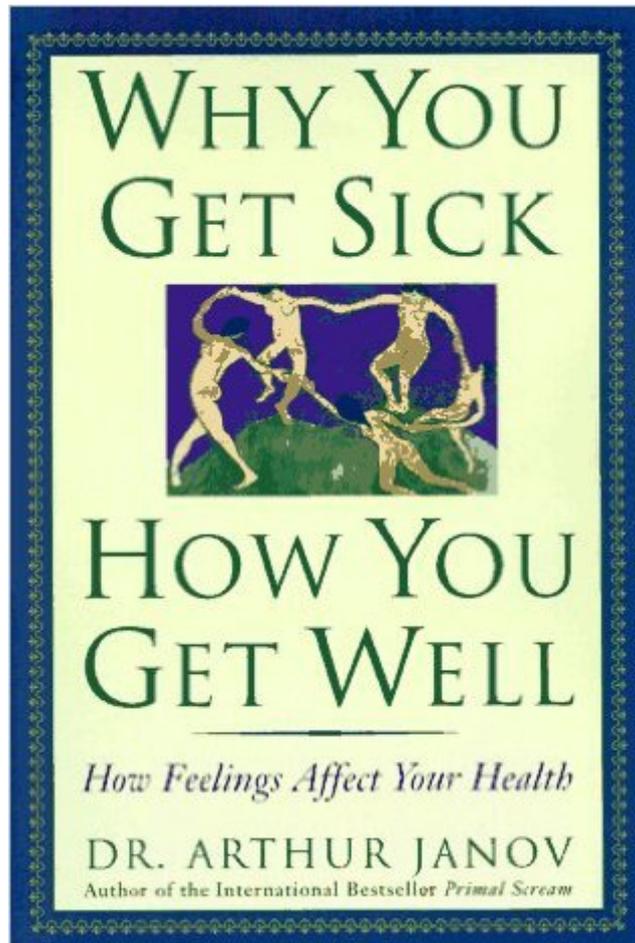


The book was found

Why You Get Sick And How You Get Well: The Healing Power Of Feelings



Synopsis

Explores the underlying unconscious forces that wear the human body down and cause illness, revealing the sources of self-destructive behavior and including special chapters on sex, suicide, depression, anxiety, migraines, and immune disease.

Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (5 customer reviews)

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Customer Reviews

Janov's book WYGSAHYGWell is a book that contains at least one testimonial that the patient would now retract. I have evidence. It is too full of unscientific jumps of logic. Check out [...] it is explained well there. His assertion that it is only logical to pursue pain to reverse the effects of pain is simplistic. Even if it is true that in the forward direction, trauma causes psychological problems (true I think, and important), it does not necessarily mean the reverse is obviously true - that to reexperience pain will lead to a joyful existence that resembles the joy of young children. In my experience, the results from primal therapy also shine doubt on Janov's assertions. It is a pity, because so much of the book is valuable and important, for example the emphasis of love, and the criticisms of robotically extinguishing behaviors with behaviorism (not all behaviorism is bad though) are all good. But Janov's theory is taken to the extremes in his books, and by his followers, spoiling the valid points that they make. For example, gentle births and avoiding birth traumas are noble and correct causes. However, claiming that ALL psychological problems may have birth trauma as the underlying cause is pushing it too far. Suggesting reliving birth over and over again will reverse the effects of birth is also getting wacky. (this is found more in Janovs books after 1971). Janovs works

have a tendency to draw you in with true and emotional themes, but they take you too far into his single deterministic model, and get you believing in things that are not proven, and actually unlikely.

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