



**Tai Sophia
Institute**

Mind-Body Resources

Overviews

[Mind-Body Medicine: An Overview by the National Center for Complementary and Alternative Medicine. Part of the Background series \(2007\)](http://nccam.nih.gov/health/whatiscam/mind-body/D239_BKG.pdf)

http://nccam.nih.gov/health/whatiscam/mind-body/D239_BKG.pdf

Information about mind-body medicine including some historical background.

[NIH Fact Sheet: Mind-Body Medicine Practices in Complementary and Alternative Medicine \(2009\)](http://www.nih.gov/about/researchresultsforthepublic/mind-body.pdf)

<http://www.nih.gov/about/researchresultsforthepublic/mind-body.pdf>

Fact sheet highlights research in mind-body medicine and provides references.

Books

There are nearly 300 books on the subject of "mind and body" at the library. Search the online catalog and explore, URL: <http://resources.tai.edu:7195/webopac/main?siteid=TSophia> Here are a few classic works on mind body medicine owned by the library:

Benor, D.J. (2001). *Spiritual healing: Scientific validation of a healing revolution*. Southfield, MI: Vision Publications.

RZ401.B45 2001

Benson, H. (1985). Stress, anxiety and the relaxation response [Excerpt of monograph]. *Behavioral Biology in Medicine*, 3, 1-50.

Ref RA785 .B48

Coulter, H.L. (1975). *Divided legacy: A history of the schism in medical thought* (Vol. 1-3). Washington, D.C.: Wehawken Book Co.

R131.C7 1975

v 1: The patterns emerge: Hippocrates to Paracelsus;

v 2: Progress and regress: J. B. Van Helmont to Claude Bernard;

v 3: Science and ethics in American medicine, 1800-1914: the conflict between homoeopathy and the American Medical Association.

Harris, T.A. (1967). *I'm ok, you're ok: A practical guide to transactional analysis*. New York: Harper & Row.

RC480.5.H32 1967

Mind-body medicine: How to use your mind for better health. (1993). Yonkers, NY: Consumer Reports Books.

RC49.M523 1993

Ornstein, R.E. (1984). *The amazing brain*. Boston: Houghton Mifflin Co.
QP376.O76 1984

Siegel, B.S. (1986). *Love, medicine and miracles: Lessons learned about self-healing from a surgeon's experience with exceptional patients*. New York: Harper & Row.
R726.5.S54 1986

White, L. (Ed.). (1985). *Placebo: Theory, research, and mechanisms*. New York: Guilford Press.
R726.5.P59

Current Awareness

[Article Feed](#)

[Sherman Cohn Library, Tai Sophia Institute](#)

<http://www.tai.edu/LibraryRSSFeeds.aspx#mindbody>

Live feed of articles from PubMed (Customized by Sherman Cohn Library) on the topic of mind-body therapies. The search results presented in this feed are on the MeSH (Medical Subject Heading) Term “mind body therapies”.

[Video Series](#)

[University of California Television: Mind Body Connection](#)

<http://www.uctv.tv/search-moreresults.aspx?catSubID=203>

Contemporary lectures on the topic of mind body connection in video format.

Search Tips

Conducting a search? Words or phrases that might yield helpful results include:

psychoneuroimmunology, placebo effect, neurotheology, immunomodulators, mind, body, somatic, psychosomatic, psychoneuroendocrine system, spiritual, hypothalamic-pituitary-adrenal (HPA) axis, meditation, mindfulness, prayer.

Note that mind body can also be written as mind-body or mind/body. Some phrases including mind body are: mind body connection, mind body medicine, and mind body therapies. Experiment with the use of mind-body and mind/body in the preceding phrases to see if search results differ. If the system you are searching uses controlled vocabulary, consider engaging in a subject search on the term of interest.

When the search interface permits truncation, use it. Here is an example of how it works, (assuming that an asterisk * is the character noting truncation), a search on pray* should yield records containing the words: pray, prays, praying, prayer, prayers, prayerful.