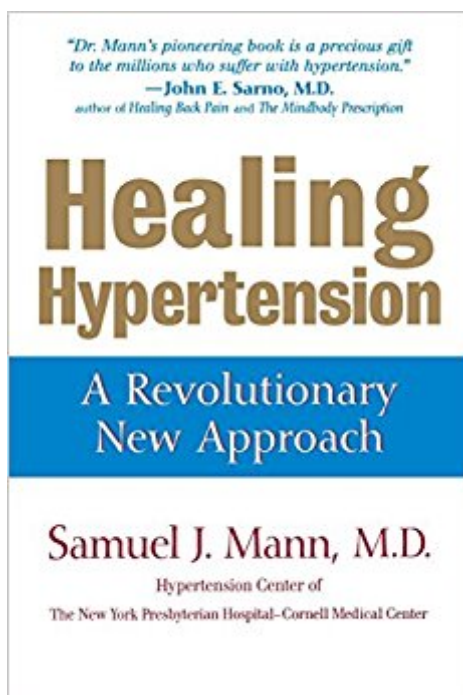


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# Healing Hypertension: A Revolutionary New Approach



## Synopsis

**A PIONEERING APPROACH TO OVERCOMING HIGH BLOOD PRESSURE** If you are one of the millions of people diagnosed with high blood pressure, this groundbreaking book can change your life. Unique in combining a medical and a psychological approach, Samuel J. Mann, M.D., explains: How you can tell whether or not your high blood pressure is related to emotions How to find the medication best suited for you, and when to reduce or eliminate unnecessary medication How exploring "hidden" or repressed emotions can reduce your blood pressure and the need for medication Featuring compelling and instructive case histories as well as the latest medical research, *Healing Hypertension* can help you make sense of your high blood pressure while offering new choices for controlling it. "In *Healing Hypertension*, Dr. Samuel Mann pushes the boundaries of medicine by demonstrating the emotional components of hypertension, one of the most serious health problems of our day. *Healing Hypertension* shows that it is not enough to attend to our physical bodies; we must look to our emotional life as well if we expect to be healthy and whole. This is an immensely important book." -Larry Dossey, M.D., A Author of *Healing Words* and *Reinventing Medicine*

## Book Information

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## Customer Reviews

"It is our hidden emotions, the emotions we do not feel, that lead to hypertension," writes Samuel J. Mann, M.D., physician/researcher and Associate Professor at the Hypertension Center at the New York Hospital-Cornell Medical Center. "Becoming aware of our hidden emotions and dealing with

them can enable both physical and emotional healing," he adds. Hypertension, commonly known as high blood pressure, affects 50 million Americans and prompts more doctor visits than any other medical condition. In *Healing Hypertension*, Mann explains how you can tell if hidden emotions are instrumental in your hypertension (they may not be, if your condition is mainly genetic), and if so, how you can get on the path to healing. Some clues that you may be burdened by hidden emotions include emotional trauma that you think is behind you, a habit of not feeling unwanted emotions, a history of emotional isolation, and childhood abuse or severe family dysfunction. Mann also briefly discusses how hidden emotions can affect other medical conditions such as back pain, headaches, and anxiety disorders. He spends most of the book helping you see that hidden emotions may be affecting your hypertension. The last few chapters address where you can go from there. Numerous case histories personalize the information. --Joan Price --This text refers to an out of print or unavailable edition of this title.

More than 50 million Americans suffer from high blood pressure, making this disease one of the top reasons for physician visits in the U.S. Most studies on hypertension focus on the cause-effect relationship between type-A personalities?those under extreme stress on a regular basis?and their resulting high blood pressure. This book, however, takes a look at the connection between individuals who repress stress and emotions and their unexplained high blood pressure. Mann, a physician at the Hypertension Center at the New York Hospital-Cornell Medical Center, argues that these individuals?the ones with "hidden emotions"?suffer the long-term effects of high blood pressure because the underlying causes of their condition aren't readily identifiable and therefore not addressed. The author offers ways people can find help and lists various medical treatment options. Through statistics and case studies, Mann presents his theory that only by researching a patient's past and finding the unacknowledged source of that patient's stress can the causes of hypertension be addressed and dealt with accurately and effectively. This accessible guide will be especially helpful for people looking to identify the underlying factors that they can control rather than relying on medication. Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Dr. Mann treats the patient not the disease. I am encouraged and impressed by Dr. Mann's desire to work toward finding the cause of hypertension.. I was surprised by the introduction of a potential cause for some individuals but not all. This book provides a hopeful and surprising outcome for individuals, experiencing hypertension, who may be unaware of the impact of past events in their

own lives. Dr. Mann provides an avenue to explore. Though the course of exploration may require a considerable amount of personal hard work for the patient, the pay off is worth the effort. It is like exercise. If we choose not to do the hard work of exercise we suffer the consequences. Maintaining our optimum health, to the best of our ability, requires vigilance and a fair amount of personal effort. Exploring all that this book suggests is a potential ground breaker in the treatment of hypertension. I have purchased two additional books to share as gifts for a physician and a psychologist. I believe Dr. Mann is pointing us in a vital direction. He is a shining example for other physicians in the important methods of relating to the patient and not just treating a disease.

for people with high BP, this is an important read

Useful reading

I had read about the book in another book, ordered two and gave them as gifts. I did a quick read and was impressed with the approach.

Learned so much about high blood pressure and how to treat it with medicine, especially what to try first, second, etc....and also about the mind/body connection.

(Note: for me, five stars is reserved for something truly mind-blowing -- I haven't given one yet. Four stars for me is a really, really good rating.) This book has a great story to tell about how many instances of high blood pressure are attributable to repressed emotions. The author is a careful scientist, and clearly identifies how his conclusions arise from information that is in some sense anecdotal. He also is careful to note that only some hypertension can be so attributed, and how drugs are still a very important tool in regulating this problem. I was pleased to read a down-to-earth book on hypertension that did not pretend to have all the answers. Having said all that, it turns out that the main hypothesis presented in the book did not apply to me, so the book did not provide a non-drug solution for me. Though that's not the fault of the book. The book did have an excellent section on the drugs that are used, what they do and how they work (to the extent we know), and what considerations are used in selected drugs. I use one of them now (lisinopril), which easily and completely controls my hypertension with a relatively low dose and no apparent side effects. The writing at times can be redundant and repetitive, but the good parts are the actual case histories that are described. I recommend this book for anyone who would like to get some real information about

hypertension without someone trying to sell you something.

this book cites case studies that the physician has treated that illustrates that your past childhood can affect your adult blood pressure.

This is one of the best books I've ever read on hypertension. Dr. Mann's style is gentle and knowing, and he makes the concepts easy to understand. And whether your high blood pressure is linked to your repressing your emotions or not, the latter part of the book offers an excellent overview of treatment options.

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