

FOR IMMEDIATE RELEASE

Healing from the Inside Out

Compelling New Book Explores the Intricate Connection between Body, Soul, and Better Health

Experiencing and refusing to let go of negative emotions, whether caused by us or inflicted by others, can weigh heavy on our shoulders. Oftentimes, this disease of the human spirit causes disease in the human body.

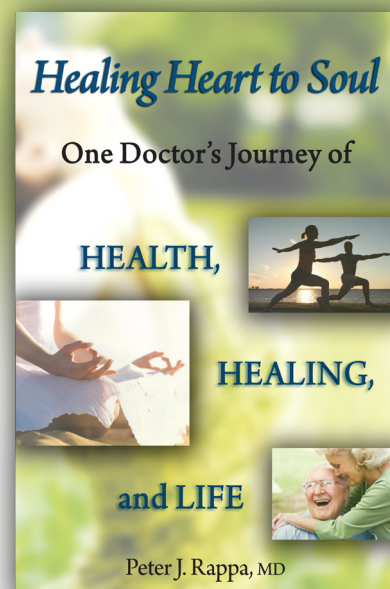
Peter J. Rappa, MD, explores the intricate connection between the soul and the body in his new book *Healing Heart to Soul: One Doctor's Journey of Health, Healing, and Life* (Brown Books 2009). In this unique collection of medical narratives, Dr. Rappa reaches beyond antibiotics and physical therapy, recognizing the need for medicine to dig deeper for answers. By watching and learning from his rehabilitation patients, Dr. Rappa discovered the power gained from cleansing the heart in order to heal the body. He calls the process healing from the inside out.

"I spend most of my day assisting people from the outside in—this is comfortable in the traditional doctor/patient relationship. But to really heal requires a change in context; to change context requires expansion of awareness, which is not easy but essential to embark on a journey of change," says Dr. Rappa.

Healing Heart to Soul gives readers insight into the very personal stories of individuals struggling to overcome disease and injury. Their journeys are heroic, uplifting, and true testaments to the role spiritual growth and self-reliance can play in healing. Dr. Rappa introduces power principles as practical steps to jump-starting the process of becoming emotionally aware and ultimately transforming physical health.

As a rehabilitation physician with a special interest in brain injury, Dr. Rappa began to see the connections and implications of mind, body, spirit, and health in 1998. *Healing Heart to Soul* recounts experiences he has had with these entities as a health care professional. Dr. Rappa lives in Dallas with his family. *Healing Heart to Soul* is his first book.

Healing Heart to Soul is available online and at bookstores everywhere. For more information visit www.healinghearttosoul.com.



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