

This is a book about recovering from illness, and more. It's also about learning how not to be ill. It was written to describe my experience in dealing with a specific disease, but I know that the path I took could have helped release any illness, mental or physical. The writing grew from my feeling that it was important to share my understanding of the healing potential within every human being. It is based on the belief that every human being deserves good health and that everyone has the power to heal, in every aspect of life.

There is little point in describing all the illnesses of my past, for I believe that my progressive recovery from rheumatoid arthritis also contains the essentials for healing other ailments I have had. Enough to say that from a very early age, my life was dominated by one major physical disaster after another, starting with an ulcer when I was seven, and moving on to rheumatoid arthritis at age 19.

As I began to write this book, ..."