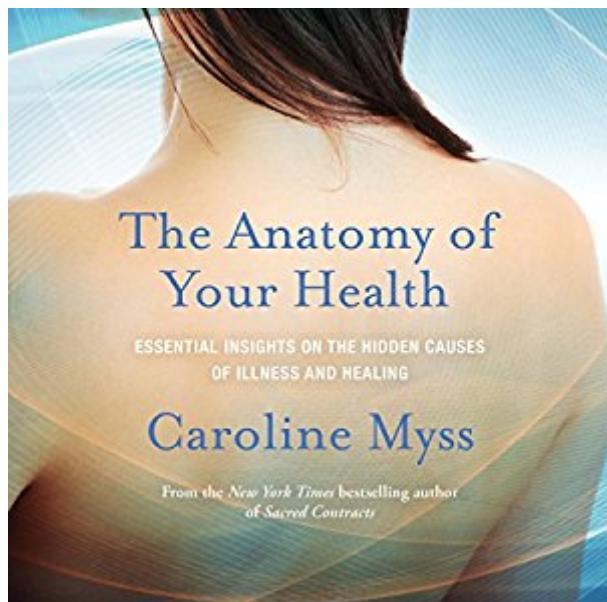


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The Anatomy Of Your Health: Essential Insights On The Hidden Causes Of Illness And Healing



Synopsis

Technology and culture have dramatically changed our world - yet we don't realize how these external forces have triggered equally profound changes in our personal health. "Today we face health challenges our forbearers never had to deal with," teaches Caroline Myss. "Psychologically, energetically, and even chemically, we are radically different - and we need a different approach to our own well-being." With *The Anatomy of Your Health*, this pioneering teacher presents a bold vision of wellness that empowers us to thrive in the modern age.

Book Information

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Customer Reviews

I am an avid Caroline Myss fan and I have many of her CD's. *The Anatomy of Health* is interesting and informative. I thoroughly enjoyed the CD's and plan to listen to them many times.

I am a huge fan of Carolyn Myss. I believe this publication is from 2016. What has amazed me over the years is how Carolyn has changed in her teachings and tone. She is much more direct and to the point. I think that is a function of age. As we get older we tend to lose our inhibitions, and she does not hold back at all. At times I felt she was quite humorous in her cut out all the crap approach. It is an extremely fascinating read. Some of the many themes "she owns" are repeated from other CD's, but I always feel that I learn several new from each of her books/CDs. She is obviously a very knowledgeable theologian, and gives one a lot to think about. Despite her Catholic upbringing, I find her to be one of the few who can truly make claim to being on the path to homo noeticus. (Are you homo noeticus Carolyn?) My favorite CD to date is the *Anatomy Energy*. That was a softer, kinder

Carolyn. If you want to change in your life with very little thought of or history of spirituality, I would recommend The Little Book of Big Change. If you desire a more spiritual life - one with a conscious - keep listening to Carolyn.

I'm careful to weigh in on the works of the modern day mystic Caroline Myss. Her books always share the Truth while dismissing smaller, trifling truths which is my only problem with her work . Can both exist together? In fact they must. Michelangelo, one of the greatest artists/architects of all time is quoted as saying "trifles make perfection and perfection is no trifle". I inject Michelangelo into this review to make this point but also because his work and hers is centered in architecture ; his in outer space and hers inner space. Michelangelo was wise not to take anything for granted and this is my issue with Myss. At times, with a somewhat condescending tone, she tears down structures that may be relevant to the building .For example, she speaks about how the "new normal" in which we live has "replaced" conscience with consciousness . She then goes on about how consciousness is 1)a word that has absolutely no meaning, 2)devoid of significance & 3)a frivolous hobby of this new normal age. But, wait a minute...can't conscience & consciousness coexist within a person? I would hope so...in fact, if we desire to grow closer to perfection, more awareness (consciousness) must be united with a healthy conscience. It isn't necessary & would probably be harmful to remove the beam of consciousness from the structure of modern man/woman. While making the point that a new level of awareness has emerged Myss kills off good ol conscience. Fortunately there are young people exhibiting an interesting mix of these qualities; not many but they're out there. So, that is a hint of my issue with her work. That being said, I think this is her most important work to date. It's important because she introduces concepts to her audience that are necessary to the navigation of life in our new era (dare I say New World Order?lol). Her concept of "wholigram" (I hope I'm spelling it correctly as I have the audio version) makes one look at existence in a geometric way instead of simply linear. She advises us not to look at past experiences as something simply behind us but as a piece of preparation necessary for our Now. She covers the immune system and its relationship to self esteem in a profound way. Many, many things are covered; too much to cram into a concise review. She is passionate as usual in the delivery of her message. There is a sense of urgency in this book that suggests her concern that we are living in very " interesting times". If you're on a path of conscious personal growth this book will be helpful...BUT realize that Myss is a mystic swimming in mystical streams which are,at times, opaque even to the mystic.

2X4 between the eye balls!!!! I have this audio as a part of Myss online course and it is an internal earthquake. She has taken the gloves off, and it was time or rather it IS time to walk away from the nonsense spirituality which has been drowning us for a long time. Highly recommended, as all of her work, if you are interested to live a spiritual-earth life instead of yapp about it over a meal each Sunday and continue to live like a neanderthal.

I'm glad I got this free with an Audible subscription. I was a huge fan of Caroline Myss many years ago but she has gotten so angry and abrasive I can't listen to her anymore. She belittles people constantly and makes sweeping generalizations. "Entering the Castle" was the last worthwhile thing she did. She should have stopped there.

Same as other review, I luckily got this too from audible subscription. I don't think there is anything I haven't read and listened to by Carolyn Myss, and I wondered what the heck happened to her? So much anger, projections, judgement and while she always has been direct and clear on truth seeking this audio is to me almost not worth the time. The usual powerful epiphanies and observations are completely lacking and perhaps she has forgotten her experience with Grace....

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