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Venue:	Doody's Book Review Service
Title:	Book Review: Healing and medicine: a doctor's journey toward their integration, Paul Dieppe, et al.
Date:	2024
Type:	Book Review
Author(s)/ Presenter(s):	Cheryl Krouse
Abstract (or Book Review):	Description
	This book explores health and wellbeing, aiming to reconcile modern medicine's empirical rigor with spiritual dimensions of healing.
	Purpose
	The purpose of the book is to foster a more inclusive and patient-centered model of care. This collaborative approach acknowledges the complementary strengths of both empirical and spiritual approaches to healing. The objectives are worthy because this process requires a collective reevaluation of biases and a commitment to the rich tapestry of healing traditions that contribute to the diverse landscape of healthcare provision. The book meets the objectives through discussion of embracing a person-centered healthcare system, where treatment can evolve towards a more holistic paradigm, honoring the interconnectedness of mind, body, and spirit in promoting optimal wellbeing.
	Audience
	The book is written in easy-to-follow dialogue that speaks not only to the public but to medical practitioners who wish to elevate patient interaction while become more open to patient-centered treatment modalities. The book meets the needs of the intended audience. The author is a credible authority on medicine and healing, recognized by several decades of teaching, research, and publications on the topics.
	Features
	This book explores health and wellbeing through a dual lens of modern medicine's unyielding scientific stance and the lesser-known spiritual healing routes toward wellbeing. Steeped in empirical methodologies, contemporary medical practice emphasizes eradicating pathological conditions, often neglecting the holistic integration of mind, body, and spirit in patient care. While commendable in its pursuit of alleviating suffering, this reductionist

	<p>approach frequently overlooks the intricate interplay between psychological, emotional, and spiritual factors that influence health outcomes. A shift towards a more patient-centered approach could bridge this gap. Concurrently, a vast reservoir of healing modalities is rooted in spiritual traditions, offering complementary avenues for restoring balance and promoting wellness. These alternative approaches, from traditional herbal remedies to energy-based therapies, present compelling narratives of healing efficacy that defy conventional scientific explanations. However, their marginalized status within the medical establishment perpetuates a dichotomy between evidence-based medicine and holistic healing practices, hindering the synthesis of diverse perspectives in healthcare delivery. The absence of standardized metrics for assessing healing efficacy further exacerbates this divide, perpetuating the marginalization of spiritual healing within mainstream medical discourse. With a symbiosis of medicine and healing embracing a person-centered healthcare system, treatment can evolve towards a more holistic paradigm that honors the interconnectedness of mind, body, and spirit in promoting wellbeing. Unique features of the book include extensive interviews with healing practitioners, and insightful research at the pilgrimage site to Lourdes.</p>
	Assessment
	<p>I found the book to be an insightful and educational read. As a healing practitioner for over 20 years, I was delighted to devour the words of a prominent medical doctor singing the praises of the healing arts profession. Too often, the subject of healing and medicine are rarely intertwined in conversation or publication as the two disciples live on opposite ends of the patient care spectrum.</p>