



You Are the Placebo: Making Your Mind Matter

Joe Dispenza

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Is it possible to heal by thought alone—without drugs or surgery? The truth is that it happens more often than you might expect. In *You Are the Placebo*, **Dr. Joe Dispenza** shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. Similarly, Dr. Joe tells of how others have gotten sick and even died the victims of a hex or voodoo curse—or after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies use double- and triple-blind randomized studies to try to exclude the power of the mind over the body when evaluating new drugs.

Dr. Joe does more than simply explore the history and the physiology of the placebo effect. He asks the question: "Is it possible to teach the principles of the placebo, and without relying on any external substance, produce the same internal changes in a person's health and ultimately in his or her life?" Then he shares scientific evidence (including color brain scans) of amazing healings from his workshops, in which participants learn his model of personal transformation, based on practical applications of the so-called placebo effect. The book ends with a "how-to" meditation for changing beliefs and perceptions that hold us back—the first step in healing.

You Are the Placebo combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect . . . and show how the seemingly impossible can become possible.

You Are the Placebo: Making Your Mind Matter Details

Date : Published April 29th 2014 by Hay House, Inc. (first published March 18th 2014)

ISBN :

Author : Joe Dispenza

Format : Kindle Edition 392 pages

Genre : Nonfiction, Self Help, Health, Psychology, Science, Spirituality

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From Reader Review You Are the Placebo: Making Your Mind Matter for online ebook

Tonkica says

Ono što mozak može, to je nevjerojatno!

Vjerujem da je na?in pripovijedanja prilago?en da bi ga svi razumjeli, no i dalje bih rekla da su dijelovi knjige "teški" pošto je znanstveni dio vrlo prisutan. Podatci koji su izneseni kao dokaz mogli su biti puno jednostavniji, jer sigurna sam da oni koji uzmu ovu knjigu, vjeruju doktoru na rije?.

Svaka ?ast Dr. Dispenza što je pokušao pojednostaviti svoj rad nama "obi?nim" ljudima, te uspio dokazati koja je naša mo?.

Aggie says

It's all in the attitude!

Neuroscience, epigenetics...

The placebo (I shall please), and the nocebo (I shall harm) effects on the body, on physiological and psychological level have been studied for years. The patient responding either positively or negatively depending what they expect/believe. This book is fascinating because it gives both scientific and mystic examples (like people eating glass and walking on coals) and not getting hurt, by changing their mind and then body on a cellular level, and most interesting- it talks about new scientific evidence of these cellular changes affecting and causing DNA changes in the body. So you may no longer be "doomed" because of your genes (when it comes to genetic disease for example) and it all starts with a thought! There are many fascinating and documented examples in this book of just how powerful belief is.

The Serendipity Aegis ~ ?Misericordia? ?????? ✨*♥? says

Extra-fantastic!

One incredible take on the widely known effects of placebo/nocebo. Innovative thinking for medigeeks like myself.

Q:

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Q:

Olga Sotomayor says

“You Are The Placebo”-making your mind matter by Dr. Joe Dispenza 1st edition available April 2014 (ISBN 978-1-4019-4458-2) is where spirituality meets science, where the reader is introduced to how powerful our thoughts can be and the effect it has on our physical body. A book about mind body connection, about healing ourselves, simplified to layman’s terms where anyone can understand and grasp the concepts presented within its pages. Dr. Dispenza includes in his book a specific meditation geared to change, alter or heal any condition the reader is presently experiencing. Also available as a companion to this book will be an audio CD of the meditation listed in YOU Are The Placebo.

The author’s intention for this book is to place the reader in the driver’s seat, to empower us to create the needed changes in our lives. It’s about transforming illness and disease, about healing not only the body, but also the mind. His purpose is to introduce the one healing modality that most captured his attention and that is healing through thought alone.

“You Are The Placebo” is an in depth source of information on what the placebo effect actually is, and how to tap into the power of the mind to create healing. Dr. Dispenza documents countless cases throughout the book as a means of explaining the power we all are capable of tapping into, the book is geared to bring the reader to their own explorations of the mind body connections.

Dr. Dispenza has intimately experienced first-hand the power of engaging the mind in order to heal the body after a fatal car accident where he was run over by an SUV at age 23. He was told by countless doctors that he may become paralyzed unless he had surgery to implant a rod in his spine. After refusing the surgery he embarked on his own journey of healing.

It is his belief that there is intelligence, an invisible consciousness, within each of us that’s the giver of life. Dr. Dispenza made a choice to place his attention on this intelligence. He believes that we spend too much time thinking about what we don’t want, instead of what we do want.

He walked after nine weeks, was back to work at ten weeks, and running by the end of the twelfth week. It has been his passion in life to marry science and spirituality; it is his goal to demystify the process of using our personal energy to heal the body and mind.

The book is filled with data and published studies by such big names as the Mayo Clinic. Countless stories and documented individual experiences. You will learn about Randomized, double blinded research, about the difference between the Placebo and the Nocebo effect Dr. Dispenza leaves no room for questioning, his research and data speaks for itself.

The book shows the reader that when we truly change our state of being, our bodies can respond to the new mind. That by paying attention to our emotions on a daily basis and making the choice of which emotions serve us, and which don’t, we can then take control of co-creating a happier and healthier future.

“As long as you’re thinking the same thoughts, they will lead to the same choices, which cause the same behavior, which create the same expression, which produce the same emotions, which in turn drive the same thoughts.”

I must say that I was truly mesmerized by the book I could not put it down! Even though I have not read any of the authors previous titles I was very impressed by his writing skills and the way he is able to put forth a wealth of information in a way that allows any reader to fully grasp these concepts and implement them into their own lives.

While the concept is not new to me, I was able to incorporate additional pieces of information from reading the book which compliments the understanding I already had on this subject matter. You can feel the passion this author has for spreading his work to as many people as possible. And what a better way to live if we can all embrace what Dr.Dispenza has to offer within the pages of "You Are The Placebo" Great read, highly recommended!

Sean Ward says

A friend mentioned this was recommended to her, so I took a look and couldn't put it down.

Some people may not respond well to the word "placebo" in the title, as it can conjure the idea that illness is all in your head, or imagined, which isn't the case; however, cures are often largely dependent on the placebo portion of any treatment. For better or worse, our biology and is governed by our thoughts to a great extent. Our brains can spur changes in neuroplasticity, and can alter our gene structure. This book is an instruction manual on that.

I really enjoyed the quantum physics tie-in with healing, the discussion of epigenetics and stem cells, as well as the brain scan research on different states (alpha, theta, delta, etc.) during development, illness, every day life, and meditation.

The approach to healing follows meditation, visualization, and relaxation scripting (self-hypnosis). There's also an in-depth discussion of how all of these things work (and don't work) in the quest for good health, and plenty of anecdotal evidence backed up by medical data for participants in this method, as well as various case studies by medical researchers that demonstrate the ability to effect changes in biology even when the odds seem insurmountable.

Shikha rawal says

One of the most magnificent books I have read in a long time. If anyone is impressed by the secret book by Rhonda Byrne then you must read this book- cause this book proves scientifically how "a thought" has so much power and how you can completely transform your life with nothing more than changing thoughts and deep ingrained belief systems.

It's a must read for everyone who wants to transform themselves into better living beings and who want to experience the unknown.

Also the author has mentioned the techniques of meditation which I personally believe is amazing cause you

just are not confined to the knowledge but even how to practice the same.
Love this book.

Pam Thomas says

Its science at its most profound, fascinating, how to shape your brain and body using your thoughts and emotions. it starts with a thought and ends with a fact and once we understand how our bodies renew themselves we can harness the process. This book is just amazing.

Amber the Human says

I - hmm. I definitely think there is a strong placebo effect that we humans often fail to notice. But I wish this book had been a little more "science science" and a little less "you can heal thyself" and "only you can choose when you die." A fellow book club member called it dangerous - I'm not sure I'd go that far, but definitely read with a grain of salt.

Jonathan says

This book has an excellent premise. The placebo effect is well documented, but it's hard to self-induce. For instance, people who take placebo antidepressants do almost as well as those who get the real deal -- so what if you could create that placebo effect *internally*, at will?

Unfortunately the "snake oil" red alarm bells started ringing madly before I had finished the introduction. Talks more about his own workshops than scientific studies? Check. Success stories all anecdotal? Check. Lots of technical jargon and actual studies abused with wantonness that would make an actual practitioner of the field blush? Check.

If you understand anything at all about quantum mechanics, this book may induce nausea. The author understands vaguely that at the quantum level, probabilities become more of a thing, and also that light possesses a wave/particle duality. However, he takes those facts and proceeds to use them to draw utterly preposterous conclusions. For instance, the idea that it's your consciousness which causes quantum states to resolve is ridiculous. The concept that disease is a "low energy" state caused by your "atomic fans" spinning slowly is inconceivable. And the idea that your brain can do something to "navigate" the "probability field" to bring "closer" to your "desired outcome" is just absolutely implausible.

That isn't even ALL the bad science in this book! There's MORE! I think I could have tolerated all of the other poppycock in this volume if the author didn't work so hard to make it seem scientific. It's just not. There are plenty of nuggets of truth in here, but they are surrounded by such nonsense that it's almost not worth looking.

The only really worthwhile thing the author has to say is that you can indeed self-generate the placebo effect by meditating (and therefore making yourself more suggestible). At this point it isn't surprising that he can't back this claim up with any studies, but I'd expect it to perform about as well as hypnosis, faith healing, or energy healing, with which -- judging from the anecdotal success stories -- it justly shares a branch of pseudoscience.

George Jankovic says

What an amazing book!!! If someone told you that you could heal yourself simply by using your mind--even cancer--would you believe or would you laugh? While I've always been a big believer in the power of human mind to do both bad (destroy our body via stress, for instance) and good (to at least reverse that), I would've been suspicious to say the least. But a very close friend of mine recommended this book and bought it for me because stress had been ravaging my body and i've been getting all kinds of things. She has been battling progressive multiple sclerosis for years. She read three of Joe's books and used his meditation techniques for nine months. Her latest MRI results showed no lesions on her spine which she'd had for a very long time. Yes, she managed to change her body!

How is that possible? We've all heard of the placebo effect. You get a sugar pill instead of the real medicine and it works solely because you believe it would. Your mind heals you because you trust the doctor so much. This book has some literally amazing examples from medical literature. How about this? One group of patients does exercises to strengthen muscles (or practices playing the piano) while the other one does it only in their minds. The result is not identical (unfortunately i have to keep doing the push-ups), but pretty darn close.

So if your mind believes in something strongly, it can do wonders. But how do you make it believe if nobody gives you a pill? This is where meditation comes into play. Actually, i would call this method sort of a self-hypnosis since you are convincing yourself certain things when you are most susceptible (during meditation).

When my friend explained this, my response was, "That is all nice and good, but i've tried meditation several times and i either wanted to fall asleep or my mind kept wandering." My friend convinced me that nobody could be worse than her and that it took a while for her to calm her mind. And there are always ups and downs, even for the author. But it works.

So i plunged in, read two books and started meditating. It proved to be easier than i thought because you are not focused on your breathing, which is hard, but are either listening to Joe on youtube or are talking to yourself. It started out really well for me and kept getting better and then i hurt my back and spent some time in a slump. But it's worth doing. When things were going well, i felt much happier and people told me that i looked healthier and happier without knowing what i had been doing. I would also like to go to a workshop if there is one near me.

This review covers two books:

- You are the placebo

I suggest reading it first because it has a boatload of amazing examples from medical research and trials. It will pump you up. If you know physics, i suggest you skip the quantum mechanics stuff (Joe applies the science of the small to the big and metaphysical). Epigenetics is great.

- Breaking the habit of being yourself

I suggest reading this one second. There is some overlap between the two books but nothing major. And it is much more practical about meditation.

Then you can listen the "You are the placebo" guided meditation on youtube.

I hope i can continue with all this because it is awesome. Sometimes we give up after a while. I hope i won't.

Enjoy!

Tim Larison says

I received a complementary copy of this book from Hay House for review purposes. The opinions are completely my own based on my experience.

You no doubt have heard stories of people being healed from illness by taking miracle drugs, only to find out later the drugs were “placebos” – or harmless sugar pills. How, then, were these people healed? Dr Joe Dispenza explores this phenomenon in his new book, “You Are the Placebo: making your mind matter”.

Dispenza knows what you tell yourself can heal physical maladies. He did it himself! Having experienced a horrific biking accident at age 23 while competing in a triathlon, Dispenza’s prognosis was not good. With six broken vertebrae it was doubtful he would ever walk again. “I decided against the medical model and the expert recommendations,” Dispenza recalls in the first pages of the book. “I believe that there’s an intelligence, an invisible consciousness, within each of us that’s the giver of life. It supports, maintains, protects, and heals us every moment.” The author goes on to explain how he tapped into that intelligence to heal his back, without surgery.

Similar to his first book I read, *Breaking the Habit of Being Yourself*, Dispenza is vulnerable in telling his own story, sharing his doubts and struggles along the way. Dispenza gives accounts of others, too, who healed themselves with positive mental attitude shifts. Is his approach mere pie in the sky optimism? Not a chance, says Dispenza. “None of the methods you’ll read about here involve denying whatever health condition you may presently have,” he writes. “Instead of being about rejecting reality, *You Are the Placebo* is about projecting what’s possible when you step into a new reality.” Reading Dispenza’s stories opened my eyes to the power of the mind in healing the body.

As in his first book, Dispenza emphasizes a daily meditation practice to get in touch with the healing intelligence within. He devotes several pages to a meditation technique. I found this part hard to follow. I think it’s difficult to learn how to meditate from a book. In person instruction is much better. But Dispenza’s words did remind me of the value of meditation and encouraged me to continue my practice.

“*You Are the Placebo*” is a good read if you are going through a health crisis of your own. Perhaps, through a change in attitude, your condition will improve, like the healing stories of those described in the book. Dispenza concludes with a noble goal. “Imagine a world inhabited by billions of people, just like a school of fish, living as one—where everyone is embracing similar uplifting thoughts connected to unlimited possibility,” he writes. *You Are the Placebo* inspired me to monitor my self talk more carefully, so I too can recognize the “unlimited possibilities” not only in health, but in all areas of my life.

Sam Torode says

I read more self-help books than I care to admit on Goodreads, but this one is a stand-out. Lots of fascinating anecdotes about the power of the mind...and a good reminder of why I need to meditate more regularly.

Gry Pil says

Dear Atheists and skeptics: please read my review.

This book will teach you much on harvesting the power within your mind. Whether it helps you heal your body or not, it can show you the way to inner bliss.

It will also, however, try to sell you some things that you shouldn't unconsciously buy into. I think Joe Dispenza is dangerously into the territory he accuses doctors of unknowingly misusing - the reader is suggestible due to their faith in the book's message, and he takes advantage of this.

For most of the book there's a lot of solid evidence for the things Dispenza wants to teach, and it's good if you have patience with the many analogues (not all of them quite on point, either) and the way he repeats every ... damn ... thing. Anyway, the first and last part of the book are great. When he talks about the placebo, why it works, brain waves, how-to, all good stuff.

And then he gets into quantum physics and the source references kind of die off. Dispenza still writes in absolutes, as if what he's saying about positive emotions having higher frequency is totally proven, but in fact he's gotten himself into some philosophizing. Which is fine if only he told the reader that's what he's doing.

Actually, if "higher" emotions (which I think is an incorrect term when what he wants to say is positive emotions), the very high emotions he wants you to use as you go into the low-frequency theta brainwaves, have a high energy and have a high frequency ... that's a contradiction. It can't both be high and low.

That's not even the real problem. The real problem is that he is bound to rub a lot of atheists the wrong way as he goes on to talk about how all of us are connected by the quantum field and waves of energy (true) and that this energy is God (his assumption).

Well, I think if science had found proof of God we'd have heard about it on the news. Dispenza's faith is totally fine, good for him, and he states from the beginning that he is religious. Great. Thank you for telling me. But then don't go and make such a sneak-attack on the reader, leading from facts and science into philosophy and religion without warning, and still writing as if it was the former.

I'm writing this in the hopes of sparing other atheists of the anger I felt when I read this part. I put aside judgments and read the book with an open heart only to get religion shoved in my face, which closed my mind to the whole concept for 36 hours before I managed to nitpick the good things out of the book. And it's really too bad since most of the information in this book is great and pretty solid.

So ignore the preaching in this book. I've been to the theta state and I've had the goose bumps and I didn't see God. Obviously, that's not proof of God's non-existence (if there was a God he probably wouldn't show himself to a non-believer) but my POINT is that you can reach the theta state without it having to get religious.

Also: I don't agree with him that "I have to work hard to succeed" is a bad belief. It's a true belief. He himself works hard with his workshops to help people. I think what he's trying to say is "life is hard" is a bad belief. The difference is subtle, but important. You don't want to accidentally make yourself lazy and passive in your theta state ;-)

Enjoy.

Christopher Newton says

Just couldn't get into it. Hopeless, I guess.

Paul Lima says

Additional comment since the review: the more I think of this book, the angrier I get. I now feel the author is a fraud, even if he believes what he is saying. Kind of like a Billy Graham. Can't believe he was invited to give a TED Talk. Has diminished the Talks in my eyes.

I've hesitated commenting on this book... Not sure why. I suspended my skepticism when reading it, but by the end it all came tumbling out.... First off, I do believe the brain is something remarkable -- something we don't fully understand. I believe there have been miracles, like faith healing. But I don't have much (any) respect for faith healers. Dispenza attempts to make a science out of the topic. It's not the topic I object to, but his writing, and what he is trying to do, Took me a while to figure that out: he is preying on boomers -- giving us hope when the medical profession can't help us. In theory, nothing wrong with giving someone hope. But I feel he is doing it to line his pockets -- buy my book, take my week-long workshops, by my audio CDs, buy my videos... And he does under the guise of science. First off he gives many examples -- writes extensively about them -- of remarkable events (like walking on hot coals without getting burnt) that have nothing with what he proposes you do to become the placebo, i.e., to heal yourself or alter your personality. Then I think he writes way too much (me thinks he protests to much) about the so-called science of the brain and why it can be used as a placebo. It comes across like a lot of hokum -- like he is making it up. The very last chapter of the book he finally gets to examples of people who have changed using his methods (and they have take one or more of his week-long workshops) and how you can become your own placebo. The process involves mediation -- and does he have audio CDs to sell you to help you with it. I'm not opposed to meditation and I'm sure it has helped some people. I just think Dispeza is making an industry of it -- and I don't appreciate the way he is selling it. If you buy the book, I do hope it helps you.
