***Healing Heart to Soul: One Doctor's Journey of Health, Healing, and Life*
by Peter J. Rappa, MD**

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Reviewed by Zelig H. Lieberman, MD

Integrative medicine is a rapidly growing movement in North America and is characterized by the coordination of Western traditional medicine principles and Eastern holistic and nontraditional concepts.

Dr. Rappa, a practicing rehabilitation physician in Dallas, applies this approach to the care of his patients, and this book describes the insight he has received from his personal experiences. The core principles of his therapy address the physical, emotional, psychological, and spiritual needs of the patient. The development of a coordinated, multidisciplinary group of physicians and allied health professionals is a critical component. The rehabilitation family is an important part of the relationship system, as well as supervising the specific medical management of the patient.

His experiences, illustrated by the clinical odyssey of seven patients with various illnesses, created multiple insights:

- A special harmony exists between health and the spirit.
- The human energy system is powered by thought, belief, and emotions, and emotional energy has a strong influence on the development, prevention, and healing of illness.
- There is a synergistic effect of holistic and nontraditional medicine coupled with conventional medical therapy.
- Relationships with family and other intimate associates are of critical importance. Healing is strongly influenced by harmonizing these relationships, as the state of relationships is the cornerstone of a person's energy system.
- The patient must become aware of the influences and power of the energy system upon his or her recovery and be responsible for the outcomes, as healing requires the ability to take appropriate action.

The book is well written, enjoyable to read, and very provocative. I recommend it to those interested in exploring the value of integrating the principles of Eastern and Western medicine in caring for patients and in an effort to maintain and improve their own personal health.

The reviewer, **Zelig H. Lieberman, MD**, is a surgeon on the medical staff of Baylor University Medical Center at Dallas.