



Sherman Cohn Library

Library Guide Hot Topic Mind-Body Resources

Overviews

[Mind-Body Medicine Practices in Complementary and Alternative Medicine](http://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=102)

<http://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=102>

Information about mind-body medicine: yesterday, today, and tomorrow.

[Mind-Body Medicine](http://www.umm.edu/altmed/articles/mind-body-000355.htm)

<http://www.umm.edu/altmed/articles/mind-body-000355.htm>

General information and some history concerning mind-body medicine, authored by the University of Maryland Medical Center.

Books

There are nearly 300 books on the subject of "mind and body" at the Library. Search the online catalog and explore! The URL is <http://resources.tai.edu:7195/webopac/main?siteid=TSophia> Here are a few classic works on mind body medicine that are owned by the Library:

<u>Title</u>	<u>Library Call Number or URL</u>
Benor, D.J. (2001). <i>Spiritual healing: Scientific validation of a healing revolution</i> . Southfield, MI: Vision Publications.	RZ401.B45 2001
Benson, H. (1985). Stress, anxiety and the relaxation response [Excerpt of monograph]. <i>Behavioral Biology in Medicine</i> , 3, 1-50.	Ref RA785 .B48
Coulter, H.L. (1975). <i>Divided legacy: A history of the schism in medical thought</i> (Vol. 1-3). Washington, D.C.: Wehawken Book Co. v 1: The patterns emerge: Hippocrates to Paracelsus; v 2: Progress and regress: J. B. Van Helmont to Claude Bernard; v 3: Science and ethics in American medicine, 1800-1914: the conflict between homoeopathy and the American Medical Association.	R131.C7 1975
Harris, T.A. (1967). <i>I'm ok, you're ok: A practical guide to transactional analysis</i> . New York: Harper & Row.	RC480.5.H32 1967

<u>Title</u>	<u>Library Call Number or URL</u>
<i>Mind-body medicine: How to use your mind for better health.</i> (1993). Yonkers, NY: Consumer Reports Books.	RC49.M523 1993
Ornstein, R.E. (1984). <i>The amazing brain.</i> Boston: Houghton Mifflin Co.	QP376.O76 1984
Siegel, B.S. (1986). <i>Love, medicine and miracles: Lessons learned about self-healing from a surgeon's experience with exceptional patients.</i> New York: Harper & Row.	R726.5.S54 1986
White, L. (Ed.). (1985). <i>Placebo: Theory, research, and mechanisms.</i> New York: Guilford Press.	R726.5.P59

Current Awareness

Article Feed

[Sherman Cohn Library, Maryland University of Integrative Health](http://www.muih.edu/campus-community/about-campus/sherman-cohn-library/current-articles)

<http://www.muih.edu/campus-community/about-campus/sherman-cohn-library/current-articles>

Live feed of articles from PubMed (Customized by Sherman Cohn Library) on the topic of mind-body therapies. The search results presented in this feed are on the MeSH (Medical Subject Heading) Term “mind body therapies”.

Video Series

[University of California Television: Mind Body Connection](http://www.uctv.tv/search-morerresults.aspx?catSubID=203)

<http://www.uctv.tv/search-morerresults.aspx?catSubID=203>

Contemporary lectures on the topic of mind body connection in video format.

Search Tips

Conducting a search? Words or phrases that might yield helpful results include: psychoneuroimmunology, placebo effect, neurotheology, immunomodulators, mind, body, somatic, psychosomatic, psychoneuroendocrine system, spiritual, hypothalamic-pituitary-adrenal (HPA) axis, meditation, mindfulness, prayer.

Note that mind body can also be written as mind-body or mind/body. Some phrases including mind body are: mind body connection, mind body medicine, and mind body therapies. Experiment with the use of mind-body and mind/body in the preceding phrases to see if search results differ. If the system you are searching uses controlled vocabulary, consider engaging in a subject search on the term of interest.

When the search interface permits truncation, use it. Here is an example of how it works, (assuming that an asterisk * is the character noting truncation), a search on pray* should yield records containing the words: pray, prays, praying, prayer, prayers, prayerful.