



# Healing Hypertension: A Revolutionary New Approach

*Samuel J. Mann*

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# Healing Hypertension: A Revolutionary New Approach

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**Healing Hypertension: A Revolutionary New Approach** Samuel J. Mann

A PIONEERING APPROACH TO OVERCOMING HIGH BLOOD PRESSURE

If you are one of the millions of people diagnosed with high blood pressure, this groundbreaking book can change your life. Unique in combining a medical and a psychological approach, Samuel J. Mann, M.D., explains:

- How you can tell whether or not your high blood pressure is related to emotions
- How to find the medication best suited for you, and when to reduce or eliminate unnecessary medication
- How exploring "hidden" or repressed emotions can reduce your blood pressure and the need for medication

Featuring compelling and instructive case histories as well as the latest medical research, **Healing Hypertension** can help you make sense of your high blood pressure while offering new choices for controlling it.

*"In Healing Hypertension, Dr. Samuel Mann pushes the boundaries of medicine by demonstrating the emotional components of hypertension, one of the most serious health problems of our day. Healing Hypertension shows that it is not enough to attend to our physical bodies; we must look to our emotional life as well if we expect to be healthy and whole. This is an immensely important book."*

-Larry Dossey, M.D., A

Author of Healing Words and Reinventing Medicine

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