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March 1st 2013: Dr. Bernie Siegel discusses the importance of our thoughts and feelings to our health

In honor of Alison's recently released book What If There's Nothing Wrong which discusses the power of the subtle energies of the mind-body-spirit connection, Alison has asked one of the pioneers in Western medicine aware of this connection to come on her show. For many, Dr. Bernard Siegelâ€"or Bernie, as he prefers to be calledâ€"needs no introduction. He has touched many lives all over the Planet. In 1978, he reached a national and then international audience when he began talking about patient empowerment and the choice to live fully and die in peace. As a physician who has cared for and c

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Featured Guest



Bernie Siegel M.D.

Bernie Siegel M.D. continues to break new ground in the field of healing, supporting changes in medical education to humanize medical practice. Bernie trained to become a surgeon at Yale New Haven Hospital. In 1989, Bernie retired from Yale as an Assistant Clinical Professor of General and Pediatric Surgery to speak to patients, their families & caregivers. In his latest book, A BOOK OF MIRACLES "Inspiring True Stories of Healing, Gratitude, and Love, in the Foreword Deepak Chopra writes, Bernie Siegel began his writing career twenty-five years ago & from the outset he didnt shy away from miracles. The title of his first book"LOVE, MEDICINE & MIRACLES"flaunted his disagreement w/mainst

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