



July 30–August 1, 2010 Friday–Sunday

The Love Response™: Creating Health Through Love

Eva Selhub

Harvard-affiliated medical doctor Eva Selhub knows an unequivocal truth: the key for a healthy, happy, and prosperous life is the giving and receiving of love. Love balances out the bodymind's biochemistry and brings forward positive emotions and thoughts. This is the Love Response, which shifts body, mind, and spirit from negative to positive, fearful to hopeful, and angry to compassionate. In this workshop you will learn

- How love in the form of affection, self-nurturance, and altruism improves health on every level
- The hard science behind the physical benefits of deliberately shifting into balance
- A set of simple practices that allows you to find inner stillness, bringing the body and mind into a state of flow and resilience
- Awareness practices that will help you shift your physiology in mere seconds.

Learn how to directly affect your physiology in positive ways from a doctor who suffered her own major health crisis and found a way to heal. You'll discover exactly how to create healthy changes that work, decrease stress, and let go of fear and anxiety.



Eva Selhub, MD, a trained internist and passionate advocate of mind-body medicine, is a clinical instructor in medicine at Harvard Medical School and a senior physician at the Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital. Until 2007, she served as medical director of Mind/Body Medical Institute founded by the pioneer of mind-body research, Herbert Benson. Author of *The Love Response*, she has published four audio CDs: *Finding Stillness*; *Relax into Love*; *Ten Minutes to Relax: Experience the Love Response*; and *Ten Minutes to Relax: Living the Love Response*. She is currently in private practice in Newton, Massachusetts. www.theloveresponse.com



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