



## BOOK REVIEWS

**Turner, Kelly A. PhD. (2014). *Radical Remission: Surviving cancer against all odds*.** New York: Harper Collins. 318 pp. 20 pp. Further reading and Refs. \$16.99

Kelly Turner was a counsellor for people with cancer whose curiosity was piqued when she encountered someone who had a radical remission of their cancer. That is, their cancers went away either without conventional medical treatments; despite failures of medical treatments; or with medical treatments that are not expected to provide cures.

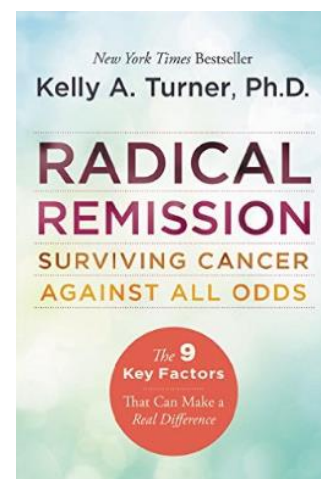
Turner went on to research radical remissions, gathering further such examples of self-healing for her doctoral dissertation. She collected over 100 such reports through direct interviews; found over a thousand further reports in the literature; and identified over 75 factors that appeared to contribute to the radical remissions.

The nine most common factors included:

- Radical changes in diet
- Taking control of your health
- Following your intuition
- Taking herbs and supplements
- Releasing suppressed emotions
- Increasing positive emotions
- Embracing social support
- Deepening your spiritual connection
- Having strong, specific reasons for living (not just a 'fighting spirit')

Turner was very surprised to find that seven of these nine factors were psychological in nature, demonstrating that the mind has an enormous influence over the body. Among the many unexpected reports were those of people who connected more strongly with love, joy and happiness in response to their life-threatening illness. Even more surprising were those who found it within themselves to send love to their cancers, and those who thanked them for markedly deepening their appreciation for life.

Also surprising were those who connected in wonderfully positive ways with their personal spiritual awarenesses. Some of the more impressive of these spiritual awakenings came through energy healers. To her great credit, and in contrast with the majority of medical researchers who never even inquired why or how these remissions occurred, Turner followed up on these reports personally. For



instance, she visited the healing center of John of God in Brazil, documenting stories of radical remissions produced with the help of his very powerful healing presence. She asked about and reported the responses of people whose frameworks for their healings were completely outside of conventional medical explanatory systems and beliefs.

Each of the nine factors is lightly documented with research references. A case report for each is presented, illustrating how that factor was enormously helpful to a particular person. And several suggestions are presented for readers' personal explorations of each factor. Turner repeatedly points out that all the people she interviewed had benefitted from multiple factors, although the balance of their experiences with each factor was unique to their own experiences with the cancer.

This book is very highly recommended for anyone wanting to explore and deal with the roots of their cancers – and not just to use conventional surgery, chemotherapy and radiation to address the physical manifestations of the cancers. For more information on radical remissions see <http://radicalremissions.com>. On this website Turner continues to document further reports of these wonderful remissions.

My clinical experiences over the fifty years of my psychiatric psychotherapy practice in many ways parallels Turners' experiences. My clients, who have often been my best instructors, have taught me that any physical symptoms whatsoever, not just cancers, may be manifestations of disharmonies of body, emotions, mind, relationships or spirit (Benor, web reference; 2004).

I have been saddened, as well, by the lack of interest among my medical colleagues in delving into the reasons behind people's unexpected recoveries from a broad spectrum of illnesses. In a review of over 3,000 reports of such Remarkable Recoveries, Brendan O'Regan and Caryle Hirshberg (1993) noted that although these remarkable recoveries were often well documented with medical testimonies and objective findings, almost none of them included any mention whatsoever of what these people had used to achieve their recoveries.

Filling in this gap, Caryle Hirschberg and Marc Ian Barasch (1995) provided explanations offered by some of the people who experienced remarkable recoveries. These do not have the systematic analyses, however, to identify the most common factors appearing in these explanations – which Turner has provided.

I have to say, though, that I prefer the term 'Remarkable Recoveries'. This term suggests that the people who were challenged not only by their illnesses but also by the ignorance and indifference of their conventional medical practitioners, were able to achieve these recoveries through their own efforts. In contrast, 'Radical Remission' has a more passive ring to it, suggesting that there was a remission of some sort but not inherently crediting the person with the illness with the results of their own hard work on themselves.

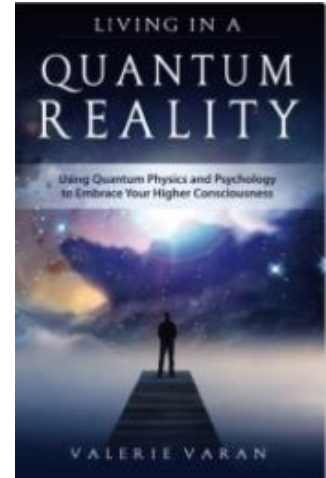
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Review by Daniel Benor, MD, ABIHM  
 Editor-in-Chief, International Journal of Healing and Caring

**Valerie A. Varan, *Introduction to Energy, Consciousness and Your Quantum Self*.** Turning Stone Press, 2015. \$20.95 211 pp. Refs 7 pp

Valerie A. Varan is trained in psychology and has beginning skills in energy work. She creates a holographic construct on the basis of having read about physics, materialism, and holographic concepts. The writing is clear. It often borders on poetic. However, the book suffers from significant deficits in understanding how things really work in the real world. That said, people who have enjoyed books by authors like Lynne McTaggart will undoubtedly be delighted by this book and it may very well become a best seller.



Robert Heinlein in the "Notebooks of Lazrus Long" section in the book "Time Enough for Love" wrote "... specialization is for insects." In a similar

avoidance of specialization, Veran has made a valiant attempt to combine and connect various aspects of science. Heinlein says further "a person must be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet ...". This is where Veran fails. She has clearly read and studied many topics. But because she has not done actual experiments in the specific areas she is describing, she is stating other people's perceptions and not what actually happens in the real world.

Let me give you an example from my own experience. I did between four and five years of experiments at the University of Arizona, exploring imaging of biophotons by energy practitioners. In the light of my explorations I find that the way Veran describes how biophotons work is text book and it is not complete, nor is it correct. Some of her information is simply wrong. Biophotons operate a lot more like super-small comets which burn themselves out rather than "winking in and out of existence" as Veran describes them.

This is an issue not just in this book but for science in general in our modern society. We are specialized and the nuances within our sub-fields can only be experienced through doing the actual work. Expertise in one area does not in any way imply that one is an expert in another. It is the height of arrogance to assume that because one can think and learn in one area that one has competence in all areas of science.

Let me give you an example: I was recently gifted with the opportunity to have a superb physicist who works on the CERN project come and review my data. I declined. While I offered to go over the data with this person, for whom I have great respect as a physicist, I declined a review of my work because this person simply was not qualified. This was a fine math person and could undoubtedly do a review of the statistics but who was not trained appropriately in research design for CAM, nor in psychology neuropsychologist Also missing were training in philosophy, ethics, spirituality, in the disciplines of energy practitioners and practical experience in how the process they to reviewed works. It would have been like me deciding to review the data from CERN. I am clearly not competent in that area of physics. I declined because I did not want to make someone for whom I have respect look silly in any way.

In addition, this book suffers from something that is common in our field: a lack of discipline. If you are going to describe what happens in the field, you must learn to see the field. It is not hard. It is simple mechanics and practice. It is a skill that every human has a right master. It is foolish to have a person patting on the trunk of an elephant, when they are obviously capable of seeing the whole elephant, with a little discipline and practice.

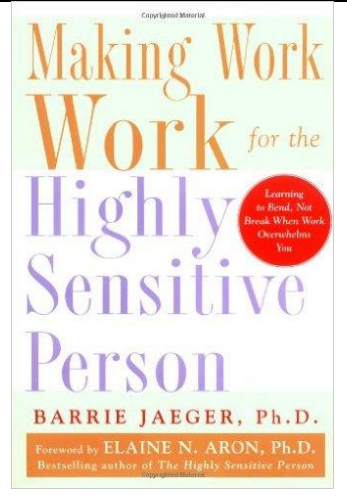
In short while the book has many fine aspects it fails to meet criterion of correct understanding and correct interpretation of the data.

Reviewed by Melinda H. Connor, D.D., Ph.D., AMP, FAM

**Barrie Jaeger, PhD. Making Work Work for the Highly Sensitive Person: Learning to Bend, Not Break, When Work Overwhelms You.**  
New York: McGraw-Hill. 2004. 237 pp. References 4 pp. Index \$17.95

This is an excellent book on sorting out how to find a workplace where you can flourish when you're an HSP. Barrie Jaeger interviewed close to 200 HSPs to learn how they got along with various jobs.

Barrie identifies three types of work: drudgery, craft, and calling. Surprisingly, drudgery may be ok for a while for HSPs who need time and space to sort themselves out when they find their work life excessively challenging and draining. The downside here is that drudgery becomes draining after a while because HSPs need stimulation to satisfy their sensitivities.



HSPs want to do their jobs well, whatever they are doing. They are sensitive to implied as well as to open criticisms from others, but can be equally harsh in criticizing themselves. Learning to identify what is stressing you and developing ways to accept your sensitivities is a start towards sorting out a better relationship with the demands of your work. Finding and developing the de-stressing techniques that work for you can also greatly enhance your tolerance for work challenges.

Craft is an in-between zone, where there are more satisfactions available but also more challenges and stresses. Calling is where you feel good about what you are doing, who you are doing it with, and within yourself.

Barrie has numerous suggestions for practical ways to address stresses, demands and challenges that may push you into the drudgery zone or may rattle you. You are vulnerable because you are sensitive to criticisms, others' insensitivities, negative energies, and other workplace negativities. Being aware of these enables you to plan strategies for dealing with them. Barrie offers many ideas and options to help you.

What I would strongly recommend you add to Barrie's mix are de-stressing techniques such as [TWR/WHEE](#), that enable you to reduce your tensions and sense of overwhelm, while also resourcing you with positive feelings, cognitions and attitudes.

Review by Daniel Benor, MD, ABIHM  
Editor-in-Chief, International Journal of Healing and Caring

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