



# Minding the Body: Clinical Uses of Somatic Awareness

*Donald A. Bakal*

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## **Minding the Body: Clinical Uses of Somatic Awareness** Donald A. Bakal

There is growing scientific evidence that somatic awareness--the ability to perceive, interpret, and act upon the basis of one's own internal bodily sensations--can be a powerful tool in maintaining health and facilitating recovery from illness. This book examines the nature of somatic awareness and evaluates its clinical utility across a wide range of medical conditions, including migraine, unexplained dizziness and shortness of breath, and immune system illnesses such as arthritis, multiple sclerosis, and cancer. Integrating holistic and traditional health care considerations, chapters describe how mental health and medical practitioners can help patients harness "the placebo effect" and other inner resources for healing.

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