



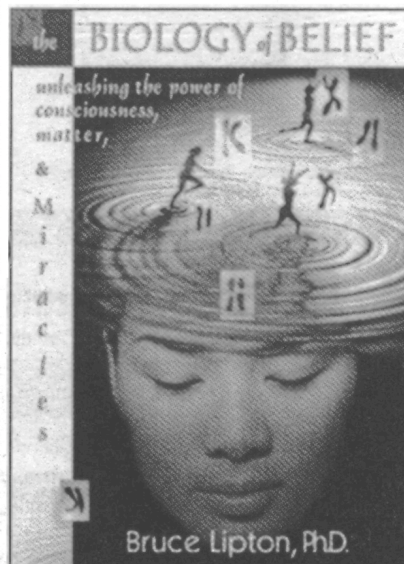
## The Biology of Belief by Bruce Lipton, Ph.D.

- Mountain of Love/Elite Books 2005

When it takes 20 years of patient and diligent research to write a book, it's sure to be the work of someone dedicated and confirmed in his pursuit of the details and facts that go into his work. This is true of **Dr. Lipton**, and the proof is in this exceptionally informative book in the field of **New Biology**.

Dr. Lipton discusses the radical implications of his research that will significantly change our understanding of life. His vast and meticulous research in the study of **genes, DNA and cell biology** has found a breakthrough in our awareness of how our cells, bodies and minds work. Dr. Lipton's curiosity began in his second grade classroom when he peered into the eyepiece of a microscope and was mesmerized by the activity of a cell, which at the time in his innocence he perceived as magic. His curiosity remained with him and sent him on his life-long search to solve the miracle he had seen as a child.

*The Biology of Belief* is highly scientific in content, and thoroughly factual in the conclusions of his research; however, Dr. Lipton has accomplished conveying a serious and educational book without being pedantic or boring. His language flows story-like, stating his facts in easy and understandable prose. There is nothing in it that will confound the laity. From the fasci-



nating beginning, I couldn't stop reading. Chapter One discusses the "smart" cells in a way I could understand. Chapter 2 unravels the mysteries of how the environment influences the behavior of cells, the genetic code, and all their effects on disease. Subsequent chapters continue to fascinate by revealing new discoveries and old concepts with logical simplicity.

The information found in this book is powerful, and as Dr. Lipton says, he "took his own medicine" and made his life richer as a consequence. His passionate belief in the magic of cells is quite convincing and his factual and delightfully written book could enrich his readers' lives as well. I was hooked from the very beginning by his enchanting description about his sabbatical in the Caribbean, where his inspiration strengthened when the intoxicating and balmy breezes reminded him of the power we have within us. We have Dr. Lipton to thank for this marvelous research and provocative rendition of a subject we could all learn from and ultimately use to improve our lives.