You Are the Placebo: Making Your Mind Matter

Author: Dr. Joe Dispenza. Buy It: Amazon. Entertainment Value: 5/10. Life Value: 10/10. Read If: You want to change anything at all about your health, happiness, or your life. Do Not Read If: I typically reserve this section for some kind of snarky comment. But in this case I’m gonna just play it straight: There is no scenario under which any human should not read this book. We have all heard about the placebo effect. Most of Western medicine and science considers it an interesting phenomenon, but largely a nuisance. It has to be accounted for in all clinical trials and it confounds data. But