



↑ **Chronic Stress:**
 ↑ Self-harm ↓ Self-Care
 ↓ Immunity
 ↑ Disease
 ↑ Earlier Death



Psychoneuroimmunology?

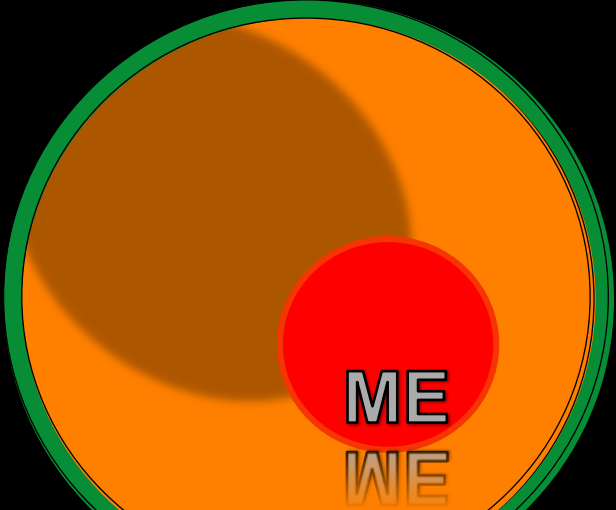
OPTIMISM Optimism linked to events

↑ Immunity
 ↑ Live 11% to 15% longer
 ↑ 50% living to 85

HOPE is unlinked to events

"Ah, so this is the way of it"

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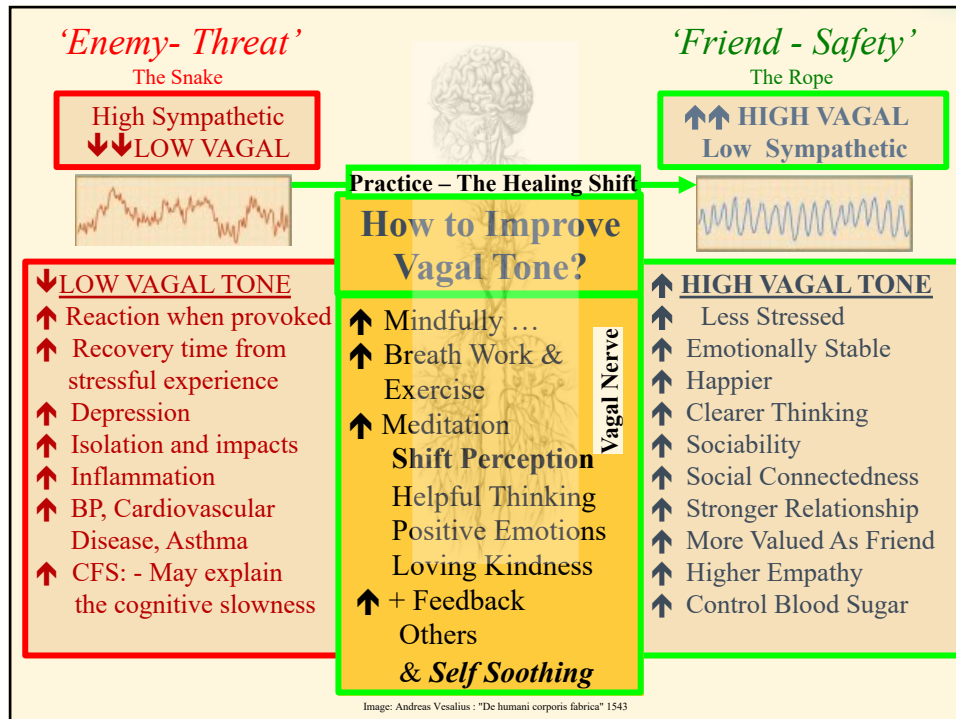


ME
WE

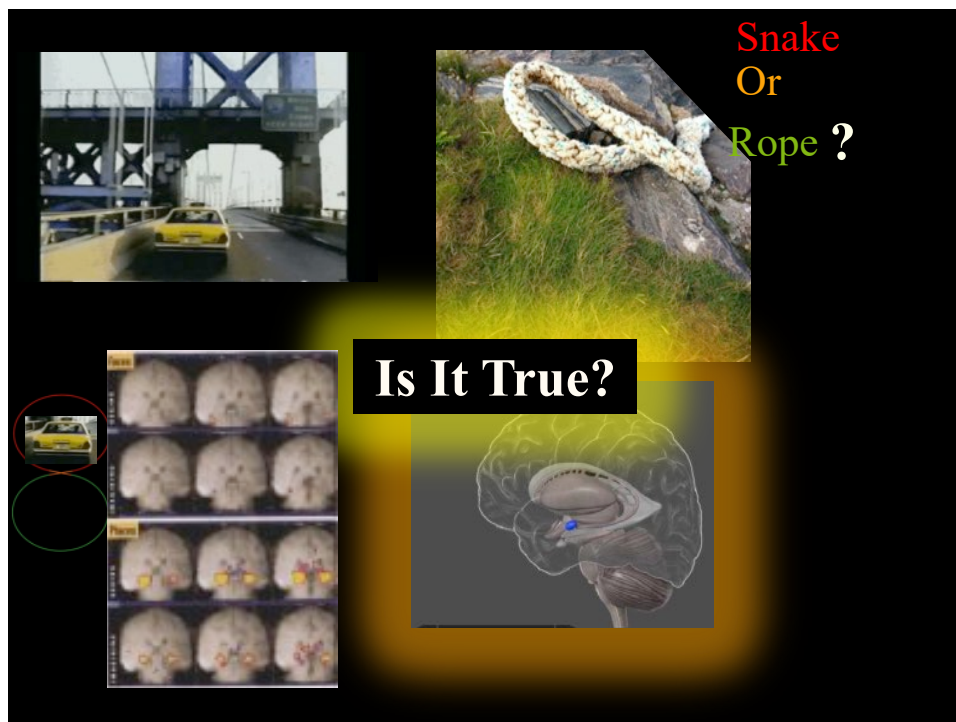
Like the small circle and the big circle – you have a small-circle, Me, mind - but you are not your mind. You are the large circle, the larger self, the true-self, the 'I am.'

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Leuchter et al American Journal of Psychiatry,
159(1):122-129, January, 2002

Response to antidepressant showed objective change in the prefrontal cortex.

BUT so did response to placebo

HOW TO HARNESS THIS POWER FOR OURSELVES?

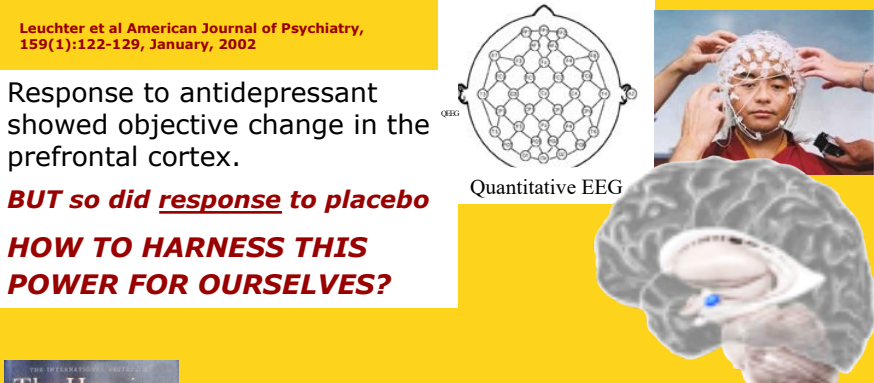
Monk meditating: dramatic increase in gamma electrical activity in the prefrontal cortex (middle frontal gyrus) – the area of positive emotions –striking changes, especially meditation with compassion.

From 'Destructive Emotions' narrated by Daniel Goldman

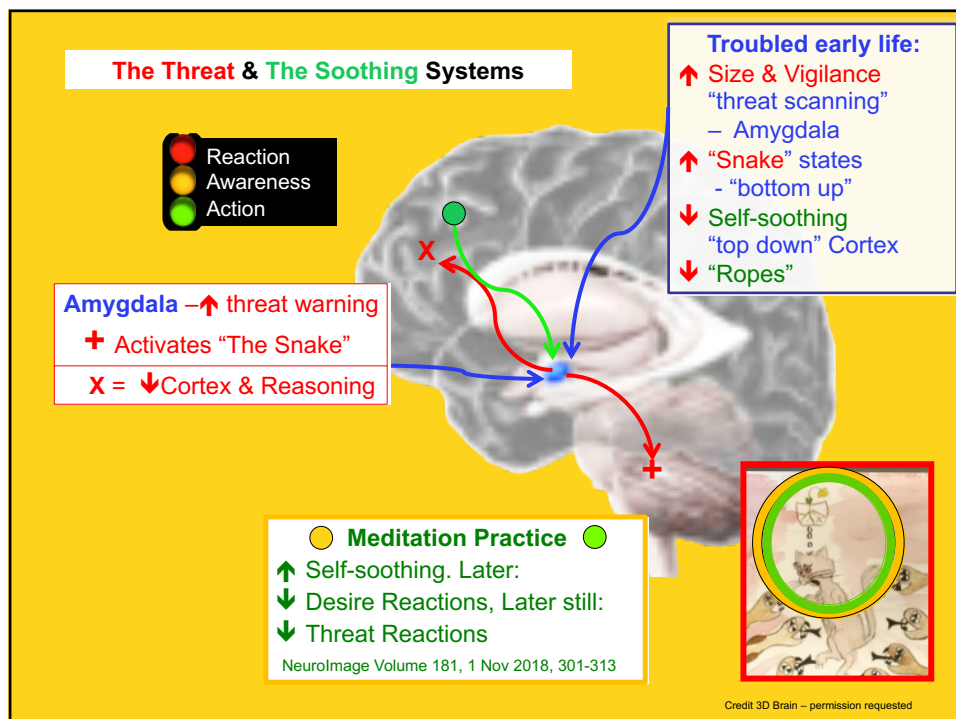
Quantitative EEG

Love is the best medicine... Happiness is in your hands.
Eddie Jaku, Auschwitz survivor, aged 100.

The Happiest Man on Earth
The Remarkable Life of an Auschwitz Survivor
Eddie Jaku



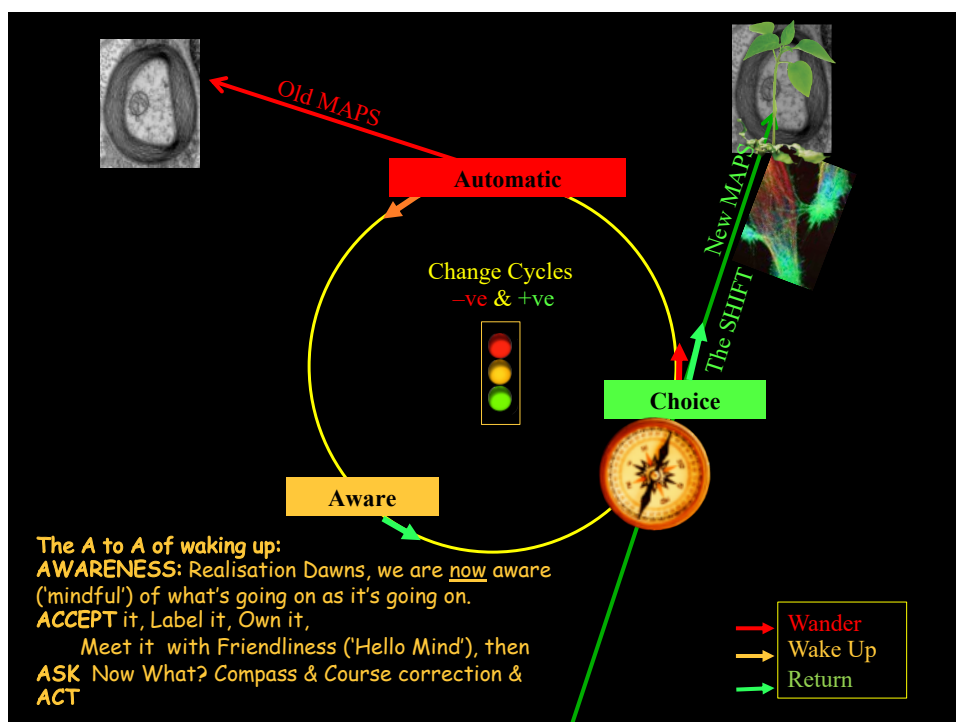
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