



Teach Only Love: The Twelve Principles of Attitudinal Healing

By Gerald G. Jampolsky

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Dr. Jampolsky believes there is another way of looking at life that makes it possible for us to walk through this world in love, at peace and without fear. This other way requires no external battles, but only that we heal ourselves. It is a process he calls “attitudinal healing,” because it is an internal and primarily mental process. Jampolsky believes that attitudinal healing, when properly practiced, will allow anyone, regardless of her circumstances, to begin experiencing the joy and harmony that each moment holds, and to start her journey on a path of love and hope.

The mind can be retrained. Within this fact lies our freedom. Our attitudes determine whether we experience peace or fear, whether we are well or sick, free or imprisoned. Love, in its true meaning, is the attitude that this book is about. Love is total acceptance and total giving—with no boundaries and no exceptions. Love, being the only reality, cannot be transformed. It can only extend and expand. It unfolds endlessly and beautifully upon itself. Love sees everyone as blameless, for it recognizes the light within each one of us is. Love is the total absence of fear and the basis for all attitudinal healing.

The principles of attitudinal healing have been expanded since Teach Only Love was first published in 1983. There are now twelve principles, which are used in the 150 Centers for Attitudinal Healing around the world. Dr. Jampolsky believes that these principles have a universal appeal that crosses cultural and religious barriers. He has repeatedly seen how people’s lives have transformed when these principles became their heartbeat and their way of communicating with others.

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Editorial Review

Review

"In *Teach Only Love* Jampolsky has once again given us a book of profound inspiration and spiritual elegance." (— Caroline Myss, New York Times bestselling author of *Why People Don't Heal* and *How They Can* and *Anatomy of the Spirit*)

About the Author

Gerald G. Jampolsky, M.D., a child and adult psychiatrist, is a graduate of Stanford Medical School. He founded the first Center for Attitudinal Healing, now a worldwide network with independent centers in over thirty countries, and is an internationally recognized authority in the fields of psychiatry, health, business, and education. Dr. Jampolsky has published extensively, including his best-sellers *Love Is Letting Go of Fear and Forgiveness: The Greatest Healer of All*. He and his wife, psychotherapist and author Diane Cirincione, Ph.D., have worked in fifty countries and currently reside in both northern California and Hawaii.

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