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Why You Get Sick and How You Get Well: The Healing Power of Feelings [Arthur Janov] on Amazon.com. \*FREE\* shipping on qualifying offers. Explores the underlying unconscious forces that wear the human body down and cause illness, revealing the sources of self-destructive behavior and including special chapters on suicide. Get this from a library! Why you get sick and how you get well : the healing power of feelings. [Arthur Janov] -- "The culmination of over a decade of research and writing, Why You Get Sick, How You Get Well reveals the hidden forces of the unconscious that conspire against the human system, making us sick ... Why You Get Sick, How You Get Well: How Feelings Affect Your Health. With chapters on sex, suicide, manic depression, anxiety, migraines, immune disease, and general neurotic behavior, this book explains the causes and cures for many common maladies such as insomnia, high blood pressure, headaches, nightmares, and more. Why You Get Sick And How You Get Well The Healing Power Of Feelings Description : This article was written a couple of years back and contains the collective mass of my knowledge of illness and health some secular not religious therapies to try and my opinions get well soon messages visit this page and find some