



# Teach Only Love: The Twelve Principles of Attitudinal Healing

By Gerald G. Jampolsky

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## Teach Only Love: The Twelve Principles of Attitudinal Healing By Gerald G. Jampolsky

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.

### Users Review

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##### Aline Moran:

Reading can called mind hangout, why? Because while you are reading a book specifically book entitled *Teach Only Love: The Twelve Principles of Attitudinal Healing* your mind will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely can be your mind friends. Imaging every word written in a e-book then become one type conclusion and explanation that maybe you never get ahead of. The *Teach Only Love: The Twelve Principles of Attitudinal Healing* giving you another experience more than blown away your brain but also giving you useful facts for your better life with this era. So now let us show you the relaxing pattern is your body and mind is going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary spending spare time activity?

##### Margaret Cardwell:

This *Teach Only Love: The Twelve Principles of Attitudinal Healing* is great book for you because the content which can be full of information for you who all always deal with world and possess to make decision every minute. This kind of book reveal it information accurately using great plan word or we can claim no rambling sentences included. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but tough core information with splendid delivering sentences. Having *Teach Only Love: The Twelve Principles of Attitudinal Healing* in your hand like having the world in your arm, data in it is not ridiculous one. We can say that no publication that offer you world in ten or fifteen tiny right but this book already do that. So , it is good reading book. Hi Mr. and Mrs. busy do you still doubt that?

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