



# The Anatomy of Hope

*Jerome Groopman*

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## **The Anatomy of Hope** Jerome Groopman

An inspiring and profoundly enlightening exploration of one doctor's discovery of how hope can change the course of illness

Since the time of the ancient Greeks, human beings have believed that hope is essential to life. Now, in this groundbreaking book, Harvard Medical School professor and *New Yorker* staff writer Jerome Groopman shows us why.

The search for hope is most urgent at the patient's bedside. **The Anatomy of Hope** takes us there, bringing us into the lives of people at pivotal moments when they reach for and find hope--or when it eludes their grasp. Through these intimate portraits, we learn how to distinguish true hope from false, why some people feel they are undeserving of it, and whether we should ever abandon our search.

Can hope contribute to recovery by changing physical well-being? To answer this hotly debated question, Groopman embarked on an investigative journey to cutting-edge laboratories where researchers are unraveling an authentic biology of hope. There he finds a scientific basis for understanding the role of this vital emotion in the outcome of illness.

Here is a book that offers a new way of thinking about hope, with a message for all readers, not only patients and their families. "We are just beginning to appreciate hope's reach," Groopman writes, "and have not defined its limits. I see hope as the very heart of healing."

*From the Hardcover edition.*

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