

Steven E. Hodes, M.D., initially trained in traditional, high-caliber medical programs that led him through graduation at the Albert Einstein Medical School and to a fellowship at Mount Sinai Hospital. But many years later, he saw something vital missing in his approach to healthcare. I was trained as a physician, not a healerâ€”taught to view the patient as a machine suffering from some mechanical failure. My purpose was to be the best diagnostician possible, he explains. Then events occurred that opened the eyes of this now veteran physician to deep insights about the mind-body-spirit connection. That awakening moved him to a metaphysical view of health?a view more spiritual than religious, but still firmly grounded in science. Embracing his role as a metaphysician, he also began to see himself as a meta-physician, or doctor transformed (meta) by this new awareness. In this book, Hodes describes his journey to becoming a metaphysician on call. He points out profound, yet simple, observations and beliefs that affect our perception of the nature of reality?metaphysics?which, in turn, can largely affect our well-being in all senses?body, mind, and spirit. We all can and should take responsibility for our own well-being on all levels, he explains. This book is designed to inspire us to ask our own questions, and gather our own evidence to enhance all areas of our lives and well-being, and so find healing and peace.

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