



Shaman, M.D.: A Plastic Surgeon's Remarkable Journey into the World of Shapeshifting

By Eve Bruce

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Shaman, M.D.: A Plastic Surgeon's Remarkable Journey into the World of Shapeshifting By Eve Bruce

A highly successful plastic surgeon embraces shamanic healing techniques and helps her patients experience true beauty and ecstasy.

- The author has been featured by *Healthy Living* magazine as one of the top 19 holistic healers for the millennium.
- Shows readers how to embody the spiritual within the physical to shapeshift their lives on all levels.
- Both an exceptional personal journey and an extraordinary exploration of the nature of real healing.

As a dual board-certified plastic and reconstructive surgeon *and* the first non-Quechua woman to be initiated into the Circle of Yachaks (bird-people shamans of the Andes), Dr. Eve Bruce sees herself as an agent of change in both worlds.

After traveling to Central and South America to study indigenous healing techniques, Bruce realized that although our culture is obsessed with narrowly defined standards of physical beauty, we actually devalue the physical because we separate it from the spiritual. She saw that her plastic surgery patients who felt ashamed of their "vanity" had the least successful outcomes. Those ready for change on emotional and spiritual levels were able to use the physical "shapeshift" provided by the surgeon's knife to transform their entire lives. By integrating the two healing modalities of surgeon and shaman, Bruce is able to help people shapeshift into newfound health on all levels--physical, emotional, and spiritual.

Because she bore her first child at sixteen, rose to the challenges of single motherhood, and worked her way through medical school, Bruce learned early to redirect the flow of her life, turning apparent obstacles into opportunities. As a powerful example of the human capacity for self-transformation, Bruce is uniquely qualified to inspire readers to redirect their own lives to places of

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Editorial Review

Review

"This book should be required reading in Medical School.& Eve Bruce is a medical scientist by training, whose life experiences have taught her the true spirit and art of healing. . . . An inspiring journey that will be savored by all." (*Stephan Rechtschaffen, M.D., Co-Founder, CEO--Omega Institute for Holistic Studies, author of Time S*)

"Eve Bruce's incredible *Shaman, M.D.* leads the reader into a world where pain, suffering, and fear open the doors to hope, healing, and courage. We are drawn into an ecstatic journey like the ones she has taken with shamans of the Andes and Amazon, Himalayan oracles, and African sangomas. Reading this book is a life-changing experience." (*John Perkins, author of Spirit of the Shuar*)

"This book is for anyone who wants to learn more about holistic healing or the human capacity for self-transformation." (*Carolyn Caselli, Magical Blend's Natural Beauty & Health, Summer 2002*)

"Shaman MD offers a way outside the box of Western culture and its view of healing. I highly recommend it." (*Jule Klotter, Townsend Letter for Doctors & Patients, April 2003*)

From the Back Cover

SHAMANISM / HEALTH

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--Stephan Rechtschaffen, M.D., cofounder and CEO of Omega Institute for Holistic Studies and author of *Time Shifting*

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EVE BRUCE, M.D., has a plastic surgery practice in Maryland. She also performs shamanic healings, gives workshops on shamanic techniques at Esalen and the Omega Institute, and leads shamanic study tours for the Dream Change Coalition to places as far flung as Ecuador, Tibet, and South Africa.

About the Author

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