

Dean Ornish Quotes

*People, Healing, Stress, Thinking, Healthy, Interesting, Joy, Needs, Spiritual,
Patient, Heart, Ideas, Powerful, Mean, Answers, Health, Change, Important,
Exercise, Want*

Stress is not so much what you do, but how you react to what you do.

~Dean Ornish

When I talk about forgiveness, I mean letting go, not excusing the other person or reconciling with them or condoning the behavior. Just letting go of your own suffering.

~Dean Ornish

Love and intimacy are at the root of what makes us sick and what makes us well...I am not aware of any other factor in medicine-not diet, not smoking, not exercise-that has a greater impact.

~Dean Ornish

The need for love and intimacy is a fundamental human need, as primal as the need for food, water, and air.

~Dean Ornish

Real power is not given to us or even created; real power is realized. It comes from realizing an inner sense of peace, self-worth, and happiness.

~Dean Ornish

Joy of living is sustainable; fear of dying is not.

~Dean Ornish

The healing power of love and relationships has been documented in an increasing number of well-designed scientific studies involving hundreds of thousands of people throughout the world.

~Dean Ornish

An educated patient is empowered; thus, more likely to become healthy.

~Dean Ornish

People don't dislike change, they dislike being changed.

~Dean Ornish

Even more than feeling healthy, most people want to feel free and in control.

~Dean Ornish

In general, losing weight is a good thing for those who are overweight, but it's important to lose weight in a way that enhances your health rather than one that may compromise it.

~Dean Ornish

Curious patients are more receptive to new ideas, and those who engage their health practitioners in a dialogue are much more likely to adhere to these recommendations.

~Dean Ornish

Although scientists can often be as resistant to new ideas as anyone, the process of science ensures that, over time, good ideas and theories prevail.

~Dean Ornish

When I use the word spirituality, I don't necessarily mean religion; I mean whatever it is that helps you feel connected to something that is larger than yourself.

~Dean Ornish

I'm a big admirer of Walter Willett's work. I think he's done some really important research. He and I agree on most things.

~Dean Ornish

The Internet has transformed many parts of our daily lives, touching everything from how we find information to how we go shopping, get directions, and even stay in touch with friends and family.

~Dean Ornish

When most people think about my work, they think about diet. To me, diet has always been the least interesting part of it.

~Dean Ornish

Meaning is malleable: take it out, you get nihilism and despair. Put it in, you get sacredness and something most special.

~Dean Ornish

Our survival depends on the healing power of love, intimacy and relationships. As individuals. As communities. As a country. As a culture. Perhaps even as a species.

~Dean Ornish

We all know we're going to die one day, but who wants to think about it? What's sustainable is joy, pleasure and freedom.

~Dean Ornish

I grew up in Texas, eating meat five times a day, and I liked meat. But I began being a vegetarian when I was 19 because I found that I felt better.

~Dean Ornish

I usually find that the process of discovery is more interesting than the answers.

~Dean Ornish

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