

The DOC Journey Webinar #11

“Anxiety is the Correct Name for Pain”



11-4-20

General References:

More about [Titus Lucretius Carus](#), Roman poet and philosopher with a link to his poem, De rerum natura (usually translated as "On the Nature of Things" or "On the Nature of the Universe").

Articles:

Article on human resilience and the relationship to the immune system:

Danzer, et al, 2019, 'Resilience and immunity', HHS Author Manuscript at the US National Library of Medicine, National Institutes of Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6545920/>

Books:

Frankl, Victor E. author. [Man's Search for Meaning](#), Boston, Beacon Press, 192 pages

Greenblatt, Stephen author, [The Swerve](#), New York, W. W. Norton & Company, 356 pages

Q&A with David Hanscom:

[Join every Tuesday and Thursday at noon Pacific Time](#)

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