



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

Eve, M.D. Bruce

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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 beauty and self-acceptance.

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