

THE IMMUNE POWER PERSONALITY
7 Traits You Can Develop To Stay Healthy
by Henry Dreher
a Dutton Book, 1995

1. The ACE Factor: Attend, Connect, Express...LISTEN TO YOUR BODY
From University of Arizona psychologist Gary E. Schwartz, Ph.D....people who are tuned to mind-body signals of discomfort, pain, sadness and pleasure cope better and have better immune and cardiovascular systems.
2. The Capacity To Confide...SHARE YOUR EXPERIENCES
From Southern Methodist University psychologist James W. Pennebaker, Ph.D....persons who confide their secrets, feelings and traumas to themselves and others have better immune systems, healthier psychological profiles and fewer illnesses.
3. Hardiness=Commitment, Control and Challenge...CULTIVATE HARDINESS. From City University of NY psychologist Suzanne Oullette, Ph.D....A hardy personality exhibits 3 "C's": a sense of control over one's life, a strong commitment to one's work, relationships, etc., and view stress as a challenge and not a threat.
4. Assertiveness...BE ASSERTIVE!
From psychoneuroimmunologist George F. Solomon...people who assert their needs and feelings have stronger, more balanced immune systems, more readily resist and overcome many diseases of immunity.
5. Affiliative Trust...LEARN TO LOVE WITH NO STRINGS ATTACHED
From Boston University psychologist David McClelland, Ph.D...Persons strongly motivated to form relationships with others based on unconditional love and trust and not power have stronger immune systems and fewer illnesses.
6. Healthy Helping--The Trait of Altruism...OFFER A HELPING HAND
From Institute For The Advancement of Health head Allan Luks...People committed to helping others get a mental, physical and spiritual "helper's high." They get fewer illnesses too.
7. Self-Complexity--The Healthy Hydra...DEVELOP YOUR FULL POTENTIAL. From Duke University psychologist Patricia Linville...People who explore many aspects of their personalities (self-aspects) better withstand stresses in life. They are less prone to stress, depression, and illness after stressful life events, have higher self-esteem all because they have more strengths to fall back upon when one part of their lives are lost or wounded.