



# Skin Deep: A Mind/Body Program for Healthy Skin

*Ted A. Grossbart, Carl Sherman*

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Dermatology has made remarkable strides in recent decades, with the advent of high-tech aids such as lasers and cryosurgery and new wonder drugs such as steroids and vitamin A derivatives; thus, many skin sufferers have been cured by their physicians.

Yet many have not. If you have brought your persistent eczema, your stubborn warts, your psoriasis or other distressing skin ailment, or even your recurrent herpes to specialists and superspecialists, and if all the creams, lotions, and medications have failed to help, you must wonder if there is something else -- and ardently hope that there is. This is exactly what Drs. Grossbart and Sherman have addressed in *Skin Deep: A Mind/Body Program for Healthy Skin*.

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