Mindfulness & Your Liver

Mindfulness exercises bring about a shift in attitude and perspective that allows one to see chronic disease through a different lens; a lens that will not allow fear to drive your behavior and consume you.

Patients who underwent organ transplantation, including liver transplant, experienced improvements in anxiety, depression, sleep & quality of life.

Doctor's Tip

Mindfulness can help you form a different relationship with disease, one that is not based on suffering, but rather focused on hope and healing.

- Dr. Pranab Barman, Northwestern University

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at https://ALFGetFit.wordpress.com.