

# Healing Heart to Soul

One Doctor's Journey of  
**HEALTH, HEALING, and LIFE**

## *About the Author*

### Peter J. Rappa, MD



Peter J. Rappa, MD, is a rehabilitation physician in North Texas. After graduating with a Bachelor of Arts in English and Pre-Med from Columbia, Dr. Rappa worked as a lab assistant at the University of Texas Southwestern Medical School. He earned his Doctor of Medicine from Texas Tech University in 1989 and spent the following four years completing a residency in physical medicine and rehabilitation at Baylor University Medical Center in Dallas.

In 1993, Dr. Rappa began his career as a medical director for rehabilitation in an inpatient/outpatient practice with a special interest in brain and work injury. In 2004, he was named as one of *D Magazine's* Best Doctors in Dallas.

Dr. Rappa began to see the connections and implications of mind, body, spirit, and health in 1998. *Healing Heart to Soul: One Doctor's Journey of Health, Healing, and Life* recounts experiences he has had with these entities as a healthcare professional. He lives in Dallas with his wife, Monica, and their triplet daughters.

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