



[EPUB] The Journey Through Cancer: Healing And Transforming The Whole Person

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The Journey Through Cancer-Dr. Jeremy Geffen 2007-12-18 The Journey Through Cancer is an essential guide for all cancer patients, their families, and their loved ones. As a board-certified oncologist, with more than ten years of experience serving as physician, guide, mentor, coach, and friend to thousands of cancer patients and their families, Dr. Jeremy Geffen has learned how cancer often challenges the mind, heart, and spirit of patients and their families as deeply --- if not more deeply --- than it challenges the physical body. Yet this simple truth is often overlooked by Western medicine as it aggressively pursues the best ways to diagnose and treat cancer. Too often physicians focus almost exclusively on the physical dimensions of the disease, rather than caring for the whole person who has the disease. Dr. Geffen presents a groundbreaking seven-level program, used at his cancer center in Florida, that addresses every dimension of the person with cancer---physical, mental, emotional, and spiritual: Education and Information, giving patients answers to questions about their disease and their treatment options. Psychosocial Support, focusing on the need for and benefits of a strong support network. The Body as Garden, exploring the vast array of alternative and complementary therapies. Emotional Healing, helping patients and families deal with the often overwhelming emotional challenges of cancer. The Nature of Mind, exploring how patients' thoughts and beliefs profoundly influence their journey. Life Assessment, showing patients how to discover their life's deepest meaning and purpose. The Nature of Spirit, connecting patients to the profoundly healing spiritual aspect of life we all share. In The Journey Through Cancer, Dr. Geffen presents a revolutionary model of healing based on the best treatments available from every culture and paradigm of medicine, one that respects and explores every possible avenue and resource for healing and transformation, blending East and West, body and mind, heart and technology, science and spirit.

A Journey Through Cancer-Emilie Barnes 2003-07 Bestselling author Emily Barnes shares her life-changing encounter with illness and healing and provides comforting, encouraging words to those who are going through difficulties, be it illness, bereavement, job loss, or relationship problems.

The Gift of Cancer-Brenda Michaels 2014-10-14 For fourteen years, Brenda Michaels battled cancer. Then one day she surrendered to the experience and found the gift in her disease. The Gift of Cancer: A Miraculous Journey to Healing speaks to anyone on a journey of wellbeing, whether suffering from a life-threatening disease or merely desiring to live a better, more fulfilling life. After Brenda's third cancer diagnosis and being told she had a year to live, she boldly stepped away from the accepted medical model, said "no" to chemotherapy, and chose alternative treatment. This unorthodox path, the connection of mind, body, and spirit, which many experts now believe is the key to true healing, ultimately saved Brenda's life and put her in control of her own destiny. Her story reveals the immense healing power available within each of us. With each obstacle Brenda encounters, we see the indefatigable courage and fortitude she demonstrates in facing her demons both inside and out. Michaels' uplifting memoir encourages us to listen to our inner voice, trust our intuition, and look at the true source of healing. When we are willing to look deep within and take responsibility for our choices, we have the power to alter the course of our lives in miraculous and unexpected ways.

The Journey Through Cancer-Jeremy R. Geffen 2001-12-01 An oncologist presents his proven cancer-fighting plan, a mix of alternative and traditional approaches that blends Eastern philosophy and Western methodology to present a strong mind/body/spirit attack on the disease. Reprint. 10,000 first printing.

Hope for the Journey Through Cancer-Yvonne Ortega 2007 Cancer touches nearly everyone, whether firsthand or through the life of a loved one. Counselor and teacher Yvonne Ortega discovered this when she was diagnosed with breast cancer and began her journey to recovery. In Hope for the Journey through Cancer, she shares with readers her personal triumphs and setbacks with humor and refreshing candor, always reminding us of God's desire to meet us exactly where we are. These sixty devotions are divided into sections---diagnosis, surgery, treatment, and recovery---each incorporating Scripture into daily life. Ortega's attention to even the most basic hopes and fears that a cancer patient faces each day offers encouragement that can come only from one who has been there herself.

The Healing Journey-Alastair James Cunningham 1992 Discusses reaction to the diagnosis, the nature and causes of cancer, the benefits and limitations of treatment, and alternative approaches to healing

My Journey Back to Health-Leslie Gray Robbins 2020-05-15 Your world stops when you hear those 3 words, "You have cancer". From the moment you are given that diagnosis, you have a choice. Will you allow fear to lead you, or will you take a deep breath and find your inner strength? This is the detailed story of my personal journey of healing from triple negative breast cancer, a rare and aggressive type of cancer. I quickly decided that I wanted to avoid the harmful conventional approaches of chemotherapy and radiation, and instead focus on the many holistic options available. My goal is to empower other Cancer Thrivers by sharing what I've learned along the way, and in the process, inspire them to lead the charge back to health!

The Cancer Path-Paulette Kouffman Sherman 2013-05-01 The Cancer Path is a memoir/self-help book about a woman who views cancer as spiritual path. Dr. Sherman describes it as her 'Eat, Pray, Love' of cancer experience. As a psychologist, mother, wife and breast cancer survivor, Dr. Sherman viewed cancer as a zen stick that promoted self-care, healing and greater wholeness. It was a springboard to examine her body, mind, emotions and Spirit. This context made this challenging year of treatment an eternal gift. She wrote this book so that other cancer survivors could learn these spiritual lessons too. Her wish is that the cancer experience can lead to deeper healing and growth. The Cancer Path examines healing on all four levels, examining controversial questions related to cancer treatment, addressing coping strategies, healing resources and providing many practical tips along the way. Dr. Sherman references over sixty books as milestones along your path. The Cancer Path will help you: Feel less alone on this startling & challenging journey Develop a Healing Team that supports you Explore ways to process your emotions Find Spiritual meaning in your illness Choose positive thoughts and a powerful context about your cancer Explore the research on controversial issues related to your cancer treatment Examine diet, movement and alternative therapies for your body Consider the role of meditation and prayer Reflect upon the spiritual lessons you receive on your cancer path Marry healing on all four levels for optimal holistic growth ...And so much more! Dr. Sherman felt that her cancer path brought her spiritual purpose into focus and she wants the same for you! Dr. Paulette Kouffman Sherman is a licensed psychologist with a private practice in Manhattan. She's the author of the four-book Cancer Path series and seven other books. She's a regular speaker at The Learning Annex and writes a column as the NY Love Examiner. The CBS Early Show, the AM Northwest Early Show, the Curtis Sliwa show and KBOO radio have had her as a guest. She's been an expert on MSN.com, USA Weekend, the NY Post, Newsweek, Lifetime.com, More, Match.com, Foxnews.com, Fox Business, Better Homes & Gardens, Reader's Digest, Redbook, Glamour, Forbes, Woman's Day, Metro news-papers, Men's Health, Seventeen, Complete Woman magazines, The Huffington Post and the NY Times. She's a breast cancer survivor, wife and mother of two. Learn more at: www.drpaulettesherman.com, www.thecancerpath.com, www.parachutejumpublishing.com or www.whenmatterswomenate.com. Book Details: Paperback: 402 pages Publisher: Parachute Jump Publishing (March 22, 2013) Language: English ISBN-13: 978-0-9852469-4-5 Product Dimensions: 5.5 x 8.5 inches Price: \$14.95'

Navigating Your Cancer Journey-Jenny Marais 2016-02-29 Navigating your Cancer Journey is a book that dares to understand the unique challenges that exist for cancer patients and caregivers at home, during treatment. This book was written by an oncology nurse navigator to empower cancer patients and caregivers with knowledge on topics like: • Financial Resources • Exercise and the Cancer Patient • Nutrition • Complementary and Alternative Therapies • Clinical Trials • Self Help • Cancer Medications • Medical Insurance • What is Cancer Anyway? • Cancer and Sexuality • End of Life Counseling • Care for the Caregivers • How to travel with cancer • Survivorship and more... The compassion and understanding with which Marais writes feels like a warm, calming hug from a beloved best friend. Her obvious and refreshing belief in the power of the patient takes center stage and is solidified through eloquently penned patient stories that bring home the message: You are not alone. Marais is a natural writer whose descriptions gently move the reader from one vivid landscape to another with ease and grace. We sincerely hope she continues to put pen to paper! Angela Wade Dog Ear Publishing Editor

Dying to Be Me-Anita Moorjani 2014-09 In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down---overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks---without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she'd never even imagined. In Dying to Be Me, Anita freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One!

Strength Renewed-Shirley Corder 2012-10-01 Nothing can sap a person's strength and hope quite like a cancer diagnosis---unless it is the energy-stealing chemotherapy and surgeries faced in the fight against cancer. But one can find hope and strength in the pages of Scripture and in the experience of someone who has been there. Strength Renewed is an encouraging devotional for those living in the valley of cancer. Meditations combine Scripture and stories from the author's own experience and can be read in sequential order to move the reader through a typical cancer journey from diagnosis through treatment. Each devotion also stands on its own, so readers can go directly to the entry that speaks to their need. Each devotional includes a short prayer and a Scripture verse for encouragement.

When God & Cancer Meet-Lynn Eib 2002 A book of powerful stories about cancer patients who have been touched by God in miraculous ways offers inspiring testimony that, when God and cancer meet, cancer is conquered. Original.

The Healing Journal-Lynda Peterson 2011-10

Saving My Neck-Timothy B. McCall 2019-05-02 "IN 1997, Timothy McCall, MD left a successful medical career to become a yoga therapist. Twenty years later, diagnosed with metastatic cancer, he returned his focus to the practice of medicine, this time as a patient. He would need all he had learned in both healing worlds.... Dr. McCall leads us on a surprise-filled journey from South India to the US and back, from banana, jackfruit and coconut groves: "Wearing only a muslin loincloth, I lie on a hardwood table. Its legs are still the original color, but the surface is stained dark from years of oil massages. A warm breeze stirs the sun-bleached crimson sari that separates the treatment room from the garden and the coconut palms outside." ... to sterile hospital wards: "Conventional medicine handles disease the way conventional agriculture handles crop pests: excise and poison the invaders until they've been killed off. Holistic medicine, on the other hand, resembles organic gardening: nurture the soil in which your plants grow, and your plants will be healthy. I'm using both of these approaches: the cancer is being dosed with toxic chemicals and radiation, while the soil of my body is cared for with healthy whole foods, deep relaxation, and herbs."---Amazon.

Before and After Cancer Treatment-Julie K. Silver 2015-11-01 Wherever they are in their own journey with cancer, readers will find here a personal, practical, and powerful guide to recovery.

Hope for Cancer-Antonio Jimenez 2019-02 Hope for Cancer challenges Western medicine's status quo by incorporating a more holistic approach to cancer treatments. It asks the reader, "What if virtually everything you know about cancer is wrong?" and, "What if your journey back to wellness didn't necessarily involve a scalpel, toxic drugs, or damaging radiation?" This life-affirming treatise is designed with the end-user in mind: the cancer patient who is tired of being misled, willing to take ownership of their future, and open to an education that could save his or her life. Dr. Jimenez rolls over 30 years of experience into a remarkable book that describes his 7 Key Principles of Cancer Therapy - a treatment philosophy that has found increasing validation in the recent scientific and medical oncology literature.

Surviving Cancer Emotionally-Roger Granet 2001-10 Informs readers about the emotional side of cancer, providing a guide for understanding what is to be expected, showing them how to handle their reactions through diagnosis, treatment, and survival, and offering guidance on how to turn the experience into an opportunity for psychological growth.

Reversing Cancer-Gerald H. Smith 2004-04-01 Powerful personal journey reversing a stage III ovarian cancer with minimal side effects using alternative medicine integrated with conventional treatment; describes effective, non-invasive advanced technologies to destroy cancer while preserving the immune system and body integrity. *Define the underlying factors contributing to the cause of cancer and reasons for relapse; contributes new information on the key role mercury and dental infections play in the formation of cancer. *Presents new technological advances to improve accuracy of selecting nutritional supplements. *Provides advanced research on a Selective Drug Uptake Enhancement method that targets affected areas with medications and nutrients. *An extensive resource for both cancer patient and physician to guide them through the vast maze of alternative therapies; contains user friendly links to helpful websites to obtain essential products for the healing process. *Empowers cancer patients by teaching them how to remove toxic wastes, choose foods to regenerate and improve the immune system and use natural remedies to cope with the psychological component. *Written in easy to understand language; the reader is presented with Nobel Prize research that explains the true nature of cancer; the scientific model presented reveals the mechanism of cancer and gives patients the tools to assist in the reversing process. Reversing Cancer provides the most comprehensive and best explained discussion available in medical literature on the role dental infections play on general health, immunity, and potential for initiating cancer. The knowledge presented brings patients closer to the healing truth.

Cancer Healing Odyssey-Sarto Schickel 2012-01-01 This inspiring and hope-filled book will change the way you look at cancer. It shows that cancer is not a death sentence---and that recovery may be possible even if diagnosed at an advanced state. It tells the story of a woman with stage IV ovarian cancer who used both conventional and alternative medicine to recover her health. It shows that much more is needed for cancer recovery than a Medical Program, which is all that doctors are typically trained to provide. A quality Nutrition Program, a Detoxification Program and a Mind & Spirit Program, which constitute The Trinity of Natural Healing,

are also needed. Reading this book can restore hope---which is a critical element needed for recovery. It also shows that one can carefully combine conventional medical treatments, such as surgery and even some chemotherapy, with alternative dietary and detoxification approaches, together with mental and spiritual practices.

Little Healing Book-Rosella Longinotti 2016-07-04 Inspirational affirmations to support the healing process during chemotherapy and radiation therapy.

Cancer Healed Naturally-Danielle Wotherspoon 2018-07-10 The aim of my healing journey was not only to lengthen my life but also to have quality of life, even while I was in the process of healing. I was diagnosed in January 2009 with breast cancer which had metastasized into one of the lymph nodes under my arm. I was told by the doctor, I had probably 5 years to live if I did not undertake the conventional treatment of chemotherapy and radiation. After witnessing the effects of chemotherapy in my mom, I was reluctant to follow the same treatment. After researching the pros and cons of alternate treatment, I made the decision to set out on a journey less travelled. I was determined to live. My son was only 15 years old and I didn't want him to grow up without a mother. I had to search hard to gain understanding of what it would take to restore health in my body. I discovered that to heal cancer naturally, a holistic approach has to be taken. I learned that I needed to give attention to not only the body but also the mind (emotions), soul and spirit. It was very important for me to realise that cancer is as a result of a compromised immune system and to overcome it, this would need to be rectified. Through this journey, I achieved more than just physical healing, I also experience a tremendous amount of self growth and emotional healing. I can truly say that at 61 I am more energetic and comfortable in my body and mind now, than I was at 45. In this book I share every step of the healing process in detail. Furthermore, the healing modalities that I used are accompanied by research, citations and scientific studies. Some of the healing modalities discussed in the book are:

50 Days of Hope-Lynn Eib 2012 Eib shares amazing, true stories of those who have been through cancer and discovers that when God and cancer meet, hope is never far away. This book is packed with a daily dose of encouragement.

Message from the Black Swan-Marina Wassermann 2013-10-10 "In this book, I'll be offering you clear guidance on fundamental principles of the body-mind-spirit ideology - a road map for your journey that will lead you to your own healing. If life is challenging you in any way, this guidance will serve as your navigator." -- author's note.

Finding the Light in Cancer's Shadow-Lynn Eib 2006 Drawing on her own experiences, the wisdom of Scripture, and the stories of others who battled the illness, a late-stage colon cancer survivor offers inspiration and hope to survivors and their loved ones, helping them deal with their fears, moods, questions, and more. Original.

Heal-Arlene Weintraub 2015-10-01 How man's best friend could help cure man's greatest scourge: "An Emperor of All Maladies for dog lovers" (Dr. Sarah Boston, author of Lucky Dog: How Being a Veterinarian Saved My Life). Drawn from extensive research, on-the-ground reporting, and personal experience, this book explores the fascinating role dogs (and cats) are playing in the search for cures for cancer. Learn how veterinarians and oncologists are working together to discover new treatments---cutting-edge therapies designed to help both animals and people suffering from cancer. Heal introduces readers to the field of comparative oncology by describing several research projects aimed at finding new therapies for cancers that are similar in dogs and people, including lymphoma, osteosarcoma, breast cancer, melanoma, and gastric cancer. The author, who lost her sister to gastric cancer, also writes about the emerging science behind the remarkable ability of dogs to sniff out early stage cancer and the efforts underway to translate that talent into diagnostic devices for early detection of the disease. In the course of bringing these dogs and their human companions to life, Arlene Weintraub takes her own personal journey from grief to healing, as she shows how man's best friend might be the key to unlocking the mysteries of cancer. "Readers will share Weintraub's growing appreciation for the canine and feline subjects (and their owners) who are helping to advance cancer research." ---Publishers Weekly

Life Over Cancer-Keith I. Block 2009 Offers a systematic, research-based plan for developing the physical and emotional vitality necessary to meet the demands of cancer treatment and recovery.

The Healing Journey-O. Carl Simonton 2002-07 In this inspiring sequel to "Getting Well Again," an extraordinary doctor and one of his patients offer powerful healing ideas to anyone touched by life-threatening illness. At age forty, businessman Reid Henson was diagnosed with a rare form of cancer. His prognosis was grim: less than two years to live. Given no hope by the medical community, Reid enrolled in Simonton Cancer Center and the care of Dr. Simonton, a world-renowned oncologist who not only offered Reid hope, but encouraged him to participate in regaining his own health. Today, more than 35 years after his "terminal" diagnosis, Reid Henson is vitally alive. In part one of "The Healing Journey," Dr. Simonton outlines the program currently in use at his world-famous Simonton Cancer Center in California. Part two of "The Healing Journey" offers words of comfort and strength from one who knows what it's like to be gravely ill and then to experience the miraculous. Honest, accessible, and deeply reassuring, "The Healing Journey" is an invaluable guide to enriching your days, improving your health, and strengthening your will to live. Simonton Cancer Center Web Page: www.simontoncenter.com Email: simontoncancercenter@msn.com sctapes_lit@earthlink.net 818-879-7904-Pat. 800-336-2360-T&L

Energetic Cellular Healing and Cancer-Tjitze de Jong 2021-02-16 A guide to the psychological causes of cancer and how energetic healing can assist in a mind-body cure • Unravels the psychological aspects of an individual's energetic defense system, with a focus on cancer, and provides insight into where possible energetic blocks might develop and how they can be dissolved • Explores energetic cellular healing techniques and how energetic distortions in our physical and energetic bodies can lead to illness • Shares intimate cancer journeys from individuals the author has worked with As a complementary energy healer, Tjitze de Jong has supported hundreds of clients during their journey with cancer over the past 15 years. In Energetic Cellular Healing and Cancer, he provides insight into the functioning of our cells and our immune system and how energetic distortions in our physical as well as energetic bodies, for example, in our chakras and auras, can lead to illness. He explores the correlation between cancer and emotional imbalances and explains how energetic healing techniques can make a difference in how our bodies cope with, and heal, illness. Drawing on the work of Wilhelm Reich and Barbara Brennan, the author unravels the psychological aspects of an individual's energetic defense system and examines where possible energetic blocks might develop or have their origin, and how they can be dissolved. He also details energetic exercises that instantly stimulate the vibrancy of the aura and the chakras and offers practical advice on how to enhance and strengthen the immune system. Sharing intimate stories of cancer journeys from individuals he has worked with, Tjitze de Jong emphasizes that, before healing is within the realm of possibility, an individual needs to be able to recognize self-limiting and self-debilitating beliefs, behaviors, and patterns, nearly always based on experiences from our formative early years. Once a person starts to engage in deep inner work, they are able to start releasing these patterns and move toward regaining their autonomy, and eventually better health. While the focus of this book is on cancer, much of the information offered here is relevant for other illnesses as well, making this an excellent guide for self-exploration and healing as well as for therapists and alternative health practitioners.

Winning the War on Cancer-Sylvie Beljanski 2018 Winning the War on Cancer: The Epic Journey Towards a Natural Cure reveals the visionary discoveries of a French scientist whose suppressed research led to improvements in the prevention and treatment of cancer ... naturally and without toxicity. --

Praying Through Cancer-Susan Sorensen 2007-05-20 You don't have to face cancer alone Traumatized and terrified of cancer? Perhaps you have been diagnosed yourself, or you have a friend or family member who is battling with the disease. You know you must face it---but you do not have to face it alone. Praying Through Cancer is a collection of stories by women who have faced cancer and, with triumphant spirits, found comfort and sometimes even joy in the midst of it. For these women, cancer was a comma, not a period, in the sentences of their lives. Why? Because they put their faith in the Lord and He strengthened them beyond comprehension. You will laugh and you will cry, but best of all, you will know . . . you are not alone.

Love and Survival-Dean Ornish 2016-05-10 The Medical Basis for the Healing Power of Intimacy We all know that intimacy improves the quality of our lives. Yet most people don't realize how much it can increase the quality of our lives -- our survival. In this New York Timesworld-renowned physician Dean Ornish, M.D., writes, "I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy. Not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery." He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease: loneliness, isolation, alienation, and depression. He shows how the very defenses that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival. Dr. Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness, suffering into joy.

The Healing Consciousness-Beth Baughman DuPree 2006-01-01 Beth Baughman DuPree, M.D. spent years developing the skills of a surgeon, only to discover that Western medicine is only a part of the process for addressing cancer and other diseases. The wisdom of complementary medicine is a basic tool for healing the whole patient.

Natural Cancer Cure-Russ Lawson 2018-01-25 Fifteen years Cancer Free.... I had a CAT scan and went to the lung specialist office (in the same building). We waited an extra long time for the doctor to come into the consultation room. When he finally came in you could tell from his voice and his demeanor that he was agitated, perhaps frustrated. The first words out of his mouth in a loud and obviously stressed voice were, "Mr. Lawson, you had cancer and now it's gone and I don't know what happened!" I replied, "Would you like for me to tell you." His response floored me when he said, "I don't want to hear it!" I still haven't understood that comment after all of these years... If there were a way to help patients, without chemo, radiation or surgery, wouldn't you logically, as a doctor, want to know about it? In this book I share my journey to Health and Hope through the use of Herbs as well as many insights into the use of herbs. It is by no means "all inclusive," but will give you a place to start to come to terms with the use of Alternative Medicine. Perhaps it will give you hope again also.

Chicken Soup for the Soul- 1993 Features inspirational stories offering words of wisdom, hope, and empowerment

Herbal Medicine, Healing & Cancer-Donald Yance 1999-10-02 A guide to alternative cancer medicine from a well-known herbalist includes information on holistic and natural healing techniques, such as herbs, nutrition, homeopathy and acupuncture. Original.

Spirit to Heal-Michael Torosian 2003 Based on case histories and pioneering research, this book illuminates the pathway to personal growth and awareness, spiritual transformation, and the healing of your spirit.

Journey Through Cancer-Neroli Duffy 2011-01-10 One in four people will be faced with cancer during their lifetime. No matter what the location or type of tumor, the most effective treatment addresses the whole person. Journey through Cancer provides a road map for healing at all levels---body, mind, and spirit. It shows how to: - Get the best results from medical treatment - Minimize side effects - Evaluate and choose from the vast array of alternative therapies - Integrate traditional and complementary therapies - Work with the mind-body connection to fight cancer and strengthen the immune system - Maximize the effectiveness of prayer and other spiritual healing techniques - Understand the spiritual lessons that illness can teach - Integrate physical, emotional, mental, and spiritual techniques for your own healing journey

The Cancer Dancer-Patricia San Pedro 2011-10-14 When Emmy Award winner, author, and photographer Patricia San Pedro was diagnosed with breast cancer, she made a decision. "I am going to use my healing journey to help others going through this or any other difficult challenge in their life and I'm going to dance through it." Pat documented four years of her journey. She bared her thoughts, emotions, heart, breasts, bald head, and soul to show others that they really can do more than survive an illness. They can thrive. Live. Laugh. Love. Dance! The Cancer Dancer is a result of this documentation. Pat intimately shares her healing journey and a collection of tips, advice, and innovative ideas learned from her experiences as well as other women who have walked the same path. The Cancer Dancer is for patients and those who love them. It is also for anyone who wants to live a more peaceful, happy life. The book is empowering, life-changing, informative, uplifting, and easy to read. As Pat always says, "Joy is a choice away." www.PositivelyPat.com

Healing Hope-Wendy S Harpham 2018-03-18 A groundbreaking book about hope. Wendy Harpham, MD, a renowned leader in cancer survivorship, shares hard-earned wisdom about finding and nourishing the best hopes for you. Healing Hope offers patients and their families original content presented in an innovative and accessible format of illustrated aphorisms with succinct supporting text.

Coping with the Emotional Impact of Cancer-Neil Fiore 2009 Here's a book filled with practical techniques for coping with the emotional impact of this life-threatening disease from an eminent psychologist and long-term cancer survivor. Fiore shows readers how to: manage the initial shock of receiving a cancer diagnosis; establish team relationships with doctors; communicate with family and friends; deal with feelings of helplessness; lessen stress and worry; combat depression; prepare for treatment; and live a rich full life despite the fear.