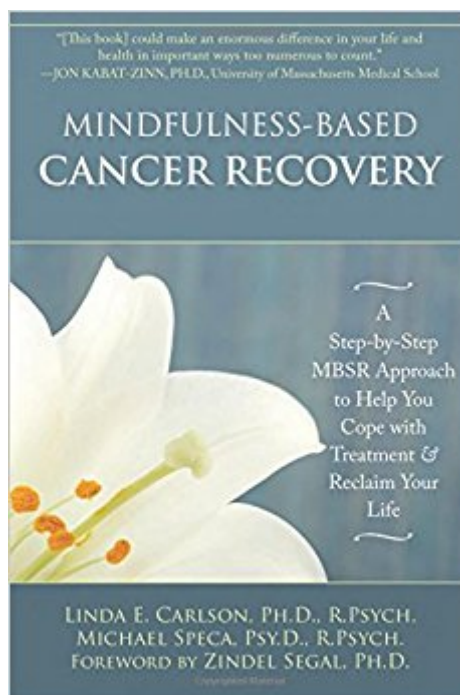


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# Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach To Help You Cope With Treatment And Reclaim Your Life



## Synopsis

**A Mind-Body Approach to Healing** If you have received a cancer diagnosis, you know that the hundreds of questions and concerns you have about what's to come can be as stressful as the cancer treatment itself. But research shows that if you mentally prepare yourself to handle cancer treatment by getting stress and anxiety under control, you can improve your quality of life and become an active participant in your own recovery. Created by leading psychologists specializing in oncology, the Mindfulness-Based Cancer Recovery program is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of mindfulness meditation and gentle yoga now offered to cancer survivors and their loved ones in hundreds of medical centers, hospitals, and clinics worldwide. Let this book be your guide as you let go of fear and focus on getting well. With this eight-week program, you'll learn to: Use proven MBSR skills during your treatment and recovery Boost your immune function through meditation and healing yoga Calm feelings of fear, uncertainty, and lack of control Mindfully manage difficult symptoms and side effects Discover your own capacity for healing and thriving after adversity

## Book Information

Paperback: 200 pages

Publisher: New Harbinger Publications; Original edition (February 3, 2011)

Language: English

ISBN-10: 9781572248878

ISBN-13: 978-1572248878

ASIN: 1572248874

Product Dimensions: 6.1 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #216,647 in Books (See Top 100 in Books) #349 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #1214 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #2064 inÂ Books > Medical Books > Psychology > General

## Customer Reviews

I found this book through our local cancer center, and after looking at it several times, I bought it. The step by step program helps you learn to focus on all the good things around you during a very difficult time. It helps to refocus your mind to the beauty in this world and encourages you to be

mindful of it. Now over the treatment phase, I am still trying to live "in the moment" and enjoy my life through enjoyment of the moment. I think this is a great resource for ANYONE going through a difficult time.

Individuals diagnosed with cancer and their support persons are often overwhelmed with a massive amount of medical information and a hectic schedule of appointments with a multitude of health professionals. It is common for people to describe the period after their cancer diagnosis as a blur, filled with hospital visits, medications and treatment side-effects, not to mention the feelings of fear, worry and sadness, among others. Drs. Carlson and Speca have created a thoughtful and compassionate guide designed to address the specific needs of individuals living with, or affected by, a cancer diagnosis. This book describes a program based on years of research and clinical experience that you can use to assist you at any stage of your cancer journey. These authors have succeeded in describing mindfulness-based cancer recovery in a manual that is easy to digest by providing simple explanations and illustrative cases, as well as meditation scripts for readers to use while practicing the skill of mindfulness. It is a fantastic resource for patients who are not willing to miss out on a single day of their life just because they have cancer and clinicians who want to help their patients manage unpleasant emotional and physical side effects. As a person who works with individuals diagnosed with cancer, this is a book I will be recommending to everyone.

This book presents mindfulness as a method of psychotherapy in a simple and easy way to understand. Go step by step and includes the perspective of cancer patient and / or family. I recommend it for anyone who is going through cancer disease, family members and psychologists. Excellent book!

This book is a wonderful combination of practical and inspirational advice for those that live with a cancer diagnosis and find mindfulness of great help. It's approach, realistic but encouraging, and it's clarity when it describes the different types of meditations, makes us, cancer patients, feel reassured and accompanied. A book to read and keep!

This book is the antidote to the emotional roller coaster ride that begins with your diagnosis of cancer. Filled with sage advice and well-researched techniques for coping with one of the most frightening experiences a person can face, Mindfulness-Based Cancer Recovery is an excellent guide and an important part of your cancer resource kit. From diagnosis to recovery, this is a book

that you will reference again and again as you ride the ups and down of getting well. Life is precious and this book will give you the tools that you need to continue to live well and in the present moment with cancer. I am so grateful to both of the authors for writing this helpful and thoughtful book. I can't recommend it highly enough.

Good review of the literature relating to cancer and psychosocial interventions. Practical guide to practice of mindfulness while living with a diagnosis of cancer. I found it useful as a cancer survivor. Murthy

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