

Stop Cancer in Its Tracks: How to Embrace Mindfulness in Healing



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 248 pages. Dimensions: 8.5in. x 5.5in. x 0.6in. Stop Cancer in its Tracks: How to Embrace Mindfulness in Healing was begun with the onset of bladder cancer in 1997. He maintained a diary for many months and kept it up for as long as it benefited other people living with all forms of cancer and life-threatening illnesses. I found writing an online diary to be extremely beneficial to keep track of all the different forms of medical treatment, both traditional and alternative. Additionally, the response I got to the postings each day inspired me to keep going knowing that many people with cancer and other life threatening illnesses would benefit from learning about alternative possibilities for their medical care. The main objectives were to keep track of virtually everything medical, emotional, spiritual, and psychological that happened and document the efforts to take charge of the healing experience. In this book, you will encounter my personal experience with the Six Principles of Mindfulness in Healing (see <http://mindfulnessinhealing.org/6-principles-of-mindfulness-in-healing>). Be an advocate for your own health care. Investigate alternatives to enhance your healing. Have a healing professional who knows about your standard medical treatment plan and complementary medicine to manage your well-being. Gather your friends and family for support and find an appropriate support group. Find out about the best possible lifestyle changes in diet, nutrition, supplements, and exercise that can improve your overall health. Develop a daily mindfulness practice to cope with changes in physical, emotional, mental, and spiritual states with equanimity. May you be free of suffering and the causes of suffering. This item ships from La Vergne, TN. Paperback.

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