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Choices in Healing: Integrating the Best of Conventional and Complementary Approaches

By Michael A. Lerner

MIT Press Ltd, United States, 1996. Paperback. Book Condition: New. Revised ed.. 231 x 175 mm. Language: English . Brand New Book. Written by one of the country's leading authorities on alternative and complementary cancer treatments, Choices in Healing is designed for the cancer patient or health professional who seeks a comprehensive overview of the available choices, both in treatments and in living with cancer. Choices in Healing offers valuable information and guidance for the whole life cycle of cancer -- from the initial shock of diagnosis to decisions about choosing a physician and conventional therapies, selecting complementary therapies, coping with treatment, and the art of living fully with the possibility of recurrence. There are detailed explanations and evaluations of a wide range of complementary therapy programs, including spiritual and psychological approaches, nutritional therapies, physical therapies, pharmacological therapies, and traditional medicines from around the world. There are sections on prayer and other forms of spiritual healing; psychotherapy, support groups, visual imagery and hypnosis; massage, therapeutic touch, yoga, and Qi Gong; macrobiotic diet and other cancer diets; acupuncture and Chinese herbal medicines; and numerous other unconventional therapies used by American cancer patients. With an unusual combination of compassion and objectivity,...



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