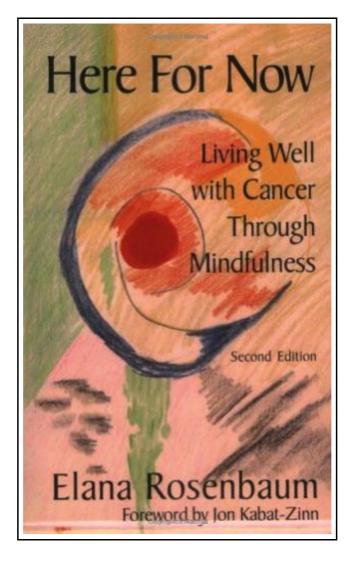
Here for Now: Living Well with Cancer Through Mindfulness (2nd Revised edition)



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Reviews

It in one of my personal favorite book. Sure, it is engage in, continue to an amazing and interesting literature. I am quickly could possibly get a enjoyment of looking at a published book. (Wellington Rosenbaum)

HERE FOR NOW: LIVING WELL WITH CANCER THROUGH MINDFULNESS (2ND REVISED EDITION)



Satya House Publications Inc. Spiral bound. Book Condition: new. BRAND NEW, Here for Now: Living Well with Cancer Through Mindfulness (2nd Revised edition), Elana Rosenbaum, Jon Kabat-Zinn, Through narrative, guided exercises, and meditations, this was the first book to apply the principles of mindfulness meditation to those living with cancer. This book empowers the reader to transform suffering into compassion and joy. You can follow Elana's journey as she experiences the shock of her own cancer diagnosis, the vulnerability of being a patient, the gratitude of survival and recovery, as well as the ability to live with uncertainty and help others live wholly and fully. Elana's career and life experience combine to make her a unique and powerful voice on living with cancer, one which cancer patients, survivors, family members and health professionals will turn to again and again. Elana's moving life story of living with and surviving cancer, and the meditation and visualisation exercises she's created for patients are both practical and inspirational. The book is a sought after addition to the current body of work available to patients and healthcare practitioners alike, as well as anyone who wants to thrive in the face of adversity.

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