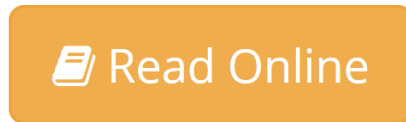


Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life

By Linda Carlson PhD RPsych, Michael Speca PsyD RPsych



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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.

- 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

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Editorial Review

Review

"If you give yourself over wholeheartedly to what is being offered in this book, it could make an enormous difference in your life and health in important ways too numerous to count. The authors are committed practitioners of mindfulness and their mindfulness-based cancer recovery program, firmly rooted in research findings, radiates an authenticity that you can readily feel, and that will grow with time."

—Jon Kabat-Zinn, PhD, professor of medicine emeritus at University of Massachusetts Medical School

"*Mindfulness-Based Cancer Recovery* is a thoughtful, clear, and useful guide to living with cancer and cancer treatment, written by leading experts in the field. It distills Buddhist tradition into a series of practical exercises that can help you spend more of your time in the calm eye of the hurricane that is cancer."

—David Spiegel, MD, Willson Professor and associate chair of psychiatry and behavioral sciences at Stanford University School of Medicine

"Linda Carlson and Michael Speca have masterfully written a clear, insightful, and comprehensive book on coping with cancer. They beautifully weave together clinical wisdom, deep, personal mindfulness practice, and scientific rigor in their easily accessible book. I believe the wealth of ideas and practices in this book will be of benefit to those with cancer, offering a path toward greater ease, joy, health, and freedom both during treatment and beyond."

—Shauna L. Shapiro, associate professor at Santa Clara University and coauthor of *The Art and Science of Mindfulness*

"Linda Carlson and Michael Speca have cowritten this wise and practical guidebook, a generous offering to cancer patients and their allies. Those who find their way to it will certainly be blessed by their clear vision and deep experience."

—Sharon Salzberg, author of *Real Happiness*

From the Inside Flap

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Do you one among people who can't read pleasurable if the sentence chained inside the straightway, hold on guys this kind of aren't like that. This Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life book is readable by simply you who hate the straight word style. You will find the facts here are arrange for enjoyable studying experience without leaving actually decrease the knowledge that want to supply to you. The writer involving Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life content conveys the idea easily to understand by many people. The printed and e-book are not different in the written content but it just different as it. So , do you continue to thinking Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life is not loveable to be your top list reading book?

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