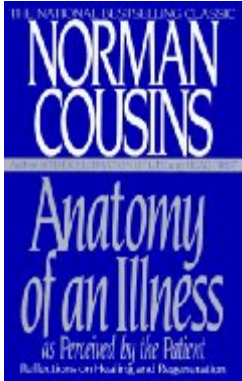




Holistic / Mind Body

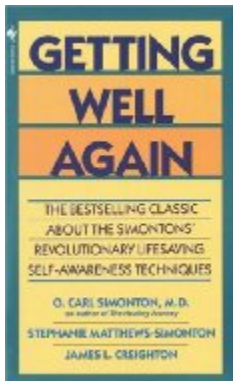


Anatomy of an Illness; As Perceived by the Patient by Norman Cousins

Amazon.com Product Description ([ISBN 0393326845](https://www.amazon.com/dp/0393326845), Paperback)

The best-selling, groundbreaking classic by **Norman Cousins** on combating life-threatening illness through humor and patient participation in care.

Anatomy of an Illness was the first book by a patient that spoke to our current interest in taking charge of our own health. It started the revolution in patients working with their doctors and using humor to boost their bodies' capacity for healing. When Norman Cousins was diagnosed with a crippling and irreversible disease, he forged an unusual collaboration with his physician, and together they were able to beat the odds. The doctor's genius was in helping his patient to use his own powers: laughter, courage, and tenacity. The patient's talent was in mobilizing his body's own natural resources, proving what an effective healing tool the mind can be. This remarkable story of the triumph of the human spirit is truly inspirational reading.

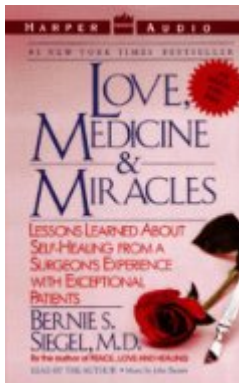


Getting Well Again by O. Carl Simonton

Amazon.com Product Description ([ISBN 0553280333](https://www.amazon.com/dp/0553280333), Mass Market Paperback)

Based on the Simontons' experience with hundreds of patients at their world-famous Cancer Counseling and Research Center, *Getting Well Again* introduces the scientific basis for the "will to live."

In this revolutionary book the Simontons profile the typical "cancer personality": how an individual's reactions to stress and other emotional factors can contribute to the onset and progress of cancer – and how positive expectations, self-awareness, and self-care can contribute to survival. This book offers the same self-help techniques the Simonton's patients have used to successfully to reinforce usual medical treatment – techniques for learning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise, and building an emotional support



Love, Medicine and Miracles by Bernie S. Siegal

Amazon.com Product Description ([ISBN 0060919833](https://www.amazon.com/dp/0060919833), Paperback)

Unconditional love is the most powerful stimulant of the immune system. The truth is: love heals. Miracles happen to exceptional patients every day—patients who have the courage to love, those who have the courage to work with their doctors to participate in and influence their own recovery.

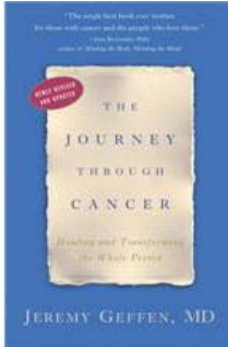
"Run, don't walk, to the nearest bookstore and get this amazing book that explains how you can 'think' yourself sick or well...Every family should have a copy. It can be a lifesaver."

*SEGO Buddy Support programs are provided by the SEGO We Care Foundation
To request more information or to make a donation please visit: www.sego-wecarefoundation.org*



Holistic / Mind Body

The Journey through Cancer: Healing and Transforming the Whole Person by Jeremy Geffen, M.D.



Amazon.com Product Description ([ISBN 0609807048](https://www.amazon.com/dp/0609807048), Paperback)

The Journey Through Cancer is an essential guide for all cancer patients, their families, and their loved ones. As a board-certified oncologist, with more than ten years of experience serving as physician, guide, mentor, coach, and friend to thousands of cancer patients and their families, Dr. Jeremy Geffen has learned how cancer often challenges the mind, heart, and spirit of patients and their families as deeply — if not more deeply — than it challenges the physical body. Yet this simple truth is often overlooked by Western medicine as it aggressively pursues the best ways to diagnose and treat cancer. Too often physicians focus almost exclusively on the physical dimensions of the disease, rather than caring for the whole person who has the disease. Dr. Geffen presents a groundbreaking seven-level program, used at his cancer center in Florida, that addresses every dimension of the person with cancer—physical, mental, emotional, and spiritual: Education and Information, giving patients answers to questions about their disease and their treatment options. Psychosocial Support, focusing on the need for and benefits of a strong support network. The Body as Garden, exploring the vast array of alternative and complementary therapies. Emotional Healing, helping patients and families deal with the often overwhelming emotional challenges of cancer. The Nature of Mind, exploring how patients' thoughts and beliefs profoundly influence their journey. Life Assessment, showing patients how to discover their life's deepest meaning and purpose. The Nature of Spirit, connecting patients to the profoundly healing spiritual aspect of life we all share. In The Journey Through Cancer, Dr. Geffen presents a revolutionary model of healing based on the best treatments available from every culture and paradigm of medicine, one that respects and explores every possible avenue and resource for healing and transformation, blending East and West, body and mind, heart and technology, science and spirit.



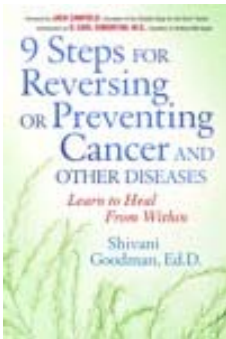
You Can Heal Your Life by Louise L. Hay

Amazon.com Product Description ([ISBN 0937611018](https://www.amazon.com/dp/0937611018), Paperback)

Louise explains how limiting beliefs and ideas are often the cause of illness, and how you can change your thinking...and improve the quality of your life.



Holistic / Mind Body



9 Steps for Reversing or Preventing Cancer and Other Diseases : Learn to Heal from Within by Dr. Shivani Goodman

Amazon.com Product Description ([ISBN](#))

"...Dr. Goodman shows how you can take command of your life and heal yourself instead of a doctor..." – Jack Canfield, Cocreator of the Chicken Soup for the Soul ...