The Cancer Recovery Pyramid: Attitude Resource #1

Study These Resources

All these resources are widely available in libraries and wherever books are sold.

Anderson, Greg.  
**Cancer: 50 Essential Things to Do.**  
Based on three decades of research and the experience of more than 16,000 cancer survivors, this book teaches practical, holistic action steps that equip patients to survive cancer.

Anderson, Greg.  
**The Cancer Conqueror.**  
A message of hope and encouragement found through the body-mind-spirit connection.

Benson, Herbert and Miriam Klipper.  
**The Relaxation Response.**  
The definitive source for relation and meditation concepts and techniques.

Borysenko, Joan.  
**Minding the Body, Mending the Mind.**  
How to manage stressful thoughts and uncertainty.

Lerner, Michael.  
**Choices in Healing: Integrating the Best of Conventional & Complementary Approaches to Cancer.**  
This book is the intellectual’s guide to alternative treatments.

LeShan, Lawrence.  
**Cancer as a Turning Point.**  
The emotional aspects of cancer. Helpful exercises involving reflection, discussion and writing to help come to terms with fears.

Siegel, Bernie.  
**Love, Medicine & Miracles.**  
Stories about self-healing from a former surgeon’s observations of cancer patients.

Simonton, O.Carl, Stephanie Matthews-Simonton and James Creighton.  
**Getting Well Again.**  
Guides cancer patients to participate in recovery through imagery and therapy.