



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.

Lerner, Michael.

Choices in Healing: Integrating the Best of Conventional & Complementary Approaches to Cancer.

This book is the intellectual's guide to alternative treatments.

Anderson, Greg.

The Cancer Conqueror.

A message of hope and encouragement found through the body-mind-spirit connection.

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.

Benson, Herbert and Miriam Klipper.

The Relaxation Response.

The definitive source for relation and meditation concepts and techniques.

Siegel, Bernie.

Love, Medicine & Miracles.

Stories about self-healing from a former surgeon's observations of cancer patients.

Borysenko, Joan.

Minding the Body, Mending the Mind.

How to manage stressful thoughts and uncertainty.

Simonton, O. Carl, Stephanie Matthews-Simonton and James Creighton.

Getting Well Again.

Guides cancer patients to participate in recovery through imagery and therapy.