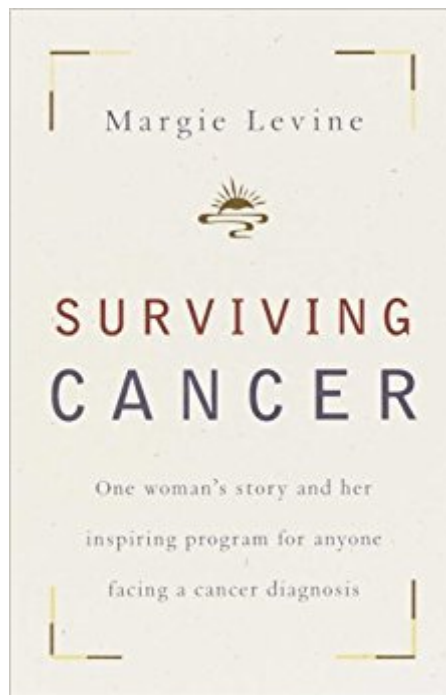




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Surviving Cancer: One Woman's Story And Her Inspiring Program For Anyone Facing A Cancer Diagnosis



Synopsis

When cancer specialists at Boston's internationally renowned Dana-Farber Cancer Institute diagnosed Margie Levine with a deadly asbestos-related lung cancer, they predicted that she had only six months to live. Refusing to give up hope, she chose an approach that combined state-of-the-art medicine with her own holistic program. Eleven years later, her mind/body regimen has evolved into a prescription for survival, and she has dedicated her life to sharing it with others. *Surviving Cancer* offers a practical, integrated way of self-healing, with advice on:

- Creating the best possible team of physicians and loved ones
- Maximizing nutrition, using veggie overdosing
- Ridding your cells of harbored anger with a six-point forgiveness program
- Using music to boost your immune system and fight pain
- Using visualization to make your own affirmation tape
- Building up endorphins by seeking joy
- Using creative meditation techniques

Covering these topics and dozens more, *Surviving Cancer* is not only one woman's lifesaving testimony, it's a plan for finding rejuvenation in every new day. From the Trade Paperback edition.

Book Information

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Customer Reviews

I needed this book and was very satisfied with its contents. Having recently been diagnosed with colon cancer and very disappointed with the limited conventional options recommended by my oncologist, I was looking for guidance in how to complement my chemotherapy treatments. To this end I have purchased and browsed through or read a couple dozen books on "how to survive cancer." Levine's book is the most practical and encouraging, the one I have used most faithfully. I am doing many of the things she suggests and feel that my recovering health is due to pursuing the combined mental/physical/spiritual approach that she advocates. Margie is the longest living survivor of a rare and aggressive cancer, demonstrating that her ideas can be very effective. What I like best in her book is, frankly, how easy it is to read. Cancer is confusing, to say the least, and I wanted straight forward information. Second, she makes it clear right up front that you need to be your own medical advocate, taking control of the direction in which your treatment goes and who you allow to treat you. Third, she encourages alternative and complementary treatment to conventional treatment and provides lots of ideas that she has had success with. Fourth, instead of "prescribing" her regime for you, she encourages the reader to do what resonates with him or her and make their own regime. She describes how what she did made her feel in a candid, confidential manner and I appreciated hearing of her pain and heartbreak, her joy and success through her ordeal. This provided companionship to me as I experienced similar things. Throughout the book she encourages the reader to live life, not just fight cancer.

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