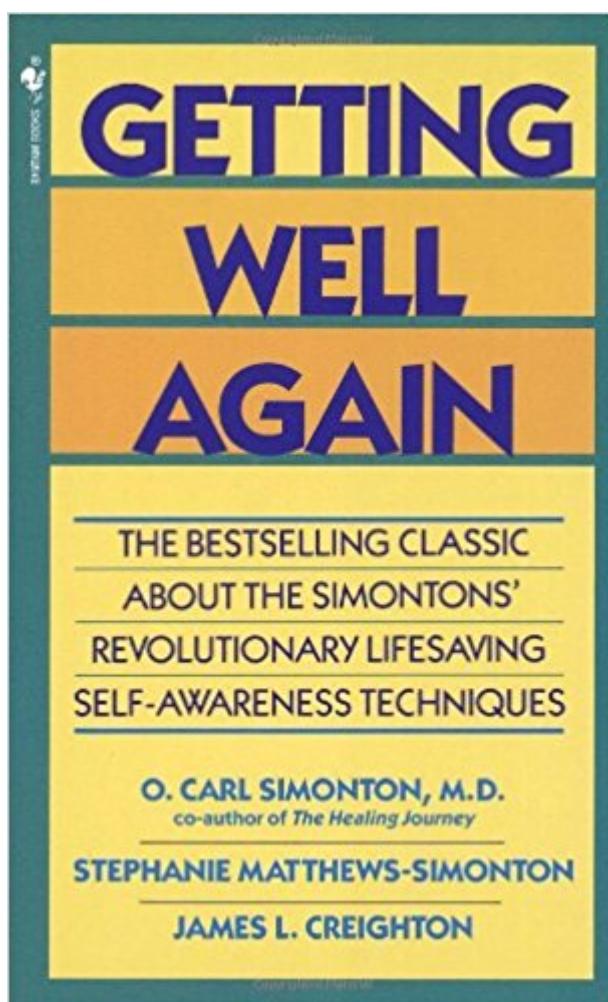


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# Getting Well Again: The Bestselling Classic About The Simontons' Revolutionary Lifesaving Self-Awareness Techniques



## **Synopsis**

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 system.

## **Book Information**

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## **Customer Reviews**

I was recently diagnosed with chronic lymphocytic leukemia and "Getting Well Again" was the first place I turned. When you get an unexpected and frightening piece of news such as I did, you need to marshal your resources and come to an understanding of what you face. Like most people, I never thought much about cancer, except that I regarded it as something dreadful and a likely death sentence. "Getting Well Again" takes you through all the questions, fears, and anxieties you have and provides constructive exercises to help you cope effectively. I cannot recommend it highly enough! By carefully reading each chapter and keeping a journal of my notes and observations, and by doing the visualizations and other exercises, I am infinitely better prepared for the challenges ahead. The reviewer Simon Wilson, who gives the book one star, simply does not understand it. The authors never suggest that you can wish away cancer by doing simple visualizations. In fact,

they are quite supportive of traditional treatments. But study after study shows that the authors, who were pioneers in the psychology of cancer, were right about the mind-body connection. Creating a loving, positive outlook toward yourself can indeed help you cure a disease or extend a remission. Those who have read Bernie Siegel's "Love, Medicine, and Miracles" know of endless accounts of such successes. It is interesting to note that Siegel's attendance at a Simonton seminar was the inspiration for his own journey into the mind-body connection in healing. I recommend his book be read in tandem with "Getting Well Again," which in turn can help you become what Siegel calls an "exceptional cancer patient" - the ones who do the best in overcoming the disease.

I am not a cancer survivor, but rather a physician interested in the mind-body connection. I have done a lot of reading in this field and am definitely a proponent of the now fairly well-established theory that the mind and body are indivisibly linked. This is good news for everyone, and means that literally all patients, with proper guidance, can be taught how to rally their mental resources to optimize their chance of recovery. This book does a good job of showing how, though (perhaps necessarily) spends nearly equal time defending it's claims with stories of healing that support its concepts.I have one issue with this book, and it's a big one. While I wholeheartedly believe in the mind-body link, I do not believe in - nor do I support others in their belief of - a "cancer personality." In fact, the very term is loaded, in that it ascribes blame (or at least cause and effect) for one's illness squarely on the patient.I suppose this is not surprising - there is still much that is not known about cancer - and as an "evolved" race, modern-day man is very resistant to the idea that there are still things over which we have very little control. Though well-intentioned, it is, nonetheless, a dangerous belief. Certainly I have seen patients who seem to fit Simonton's "cancer personality" - and I have seen just as many cancer patients who do not. And the unsettling fact remains that many, many people sporting Simonton's "cancer personality" to a tee will never develop cancer at all.

(some details corrected in book list, 12/ 23/'03)Books like these should never be used as a substitute/replacement for formal medical care. Yet anyone who knows anything about health, knows of the power of mind to heal body. They also know that you keep all your options open, whilst never casting caution to the winds, surrendering oblivious to any sort of passing faddism.Simonton's book is the best over-all guide to mind-body healing I have seen, and I am as contemptuous of unproven 'alternatives' and new-age drivel as anyone.Yet, Simonton's isn't the only volume for your health bookshelf. His book recommends others for the average reader.I might

also suggest you add a few others:- cancer-survivor Louise L. Hay, "Heal Your Body";- Shakti Gawain's basic "Creative Visualization," useful if somewhat 'new-agey';- Thomas Cleary's recent "Taoist Meditation"(not just for Taoists by a longshot);- Joel Goldsmith's older "The Art of Spiritual Healing," now in trade paperback;- Bernard Hollander MDs' classic, "Hypnosis and Self-Hypnosis";- Yogi Ramacharaka's older "Science of Breath," not to be ignored because of the authors' name or because of the strange title;Rama Prasad's "Nature's Finer Forces" if you're getting even more ambitious about breathing;- Franz Alexander "Psychosomatic Medicine."- Henry Bieler MD, "Food Is Your Best Medicine"- everything you can get your hands on by Carlton Fredericks.

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