



Being Well (Even When You're Sick): Mindfulness Practices for People with Cancer and Other Serious Illnesses

Elana Rosenbaum

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Mindfulness is a quality of attention that combines full awareness with acceptance of each moment, just as it is. This book presents simple mindfulness-based stress reduction techniques and insights for people with cancer and other serious illnesses. The message is that it is possible to be well and to feel at ease even when one is sick. The book provides guidance readers can use throughout treatment and beyond to reduce stress and to cultivate a sense of courage, appreciation of life as it is, and even happiness. The author, a psychotherapist, cancer survivor, and longtime teacher of mindfulness techniques, writes with compassion and wisdom, and has created a book that will be a practical companion for anyone coping with the emotional challenges of dealing with cancer or other serious illness. Includes a downloadable companion 60-minute audio program with five simple mindfulness practices.

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