

MINDFULNESS-BASED CANCER RECOVERY

A Step-by-Step MBSR Approach to Help You Cope with Treatment & Reclaim Your Life

LINDA E. CARLSON, PH.D., R.PSYCH. & MICHAEL SPECA, PSY.D., R.PSYCH

“[This book] could make an enormous difference in your life and health in important ways too numerous to count.”

— Jon Kabat-Zinn, Ph.D.,
University of Massachusetts
Medical School

Learn
how to:

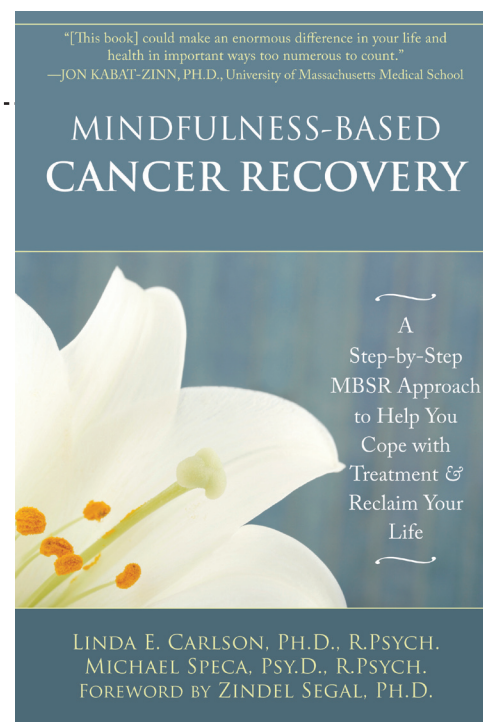
- Use proven MBSR skills during your treatment and recovery
- Boost your immune function through meditation and healing yoga
- Calm feelings of fear, uncertainty, and lack of control
- Mindfully manage difficult symptoms and side effects
- Discover your own capacity for healing and thriving after adversity

The first book to present a mindfulness-based cancer recovery program

No population needs to hear the message of mindfulness and compassion more than the millions struggling with cancer, a group of people often gripped by stress, anxiety, and fear of the uncertain future. Still, until now, there has yet to be a mindfulness-based program designed specifically for them.

Mindfulness-Based Cancer Recovery Mindfulness-Based Cancer Recovery is an eight-week program grounded in mindfulness-based stress reduction (MBSR) that aims to ease stress, manage the side effects of cancer treatment, increase immune function and ultimately improve overall quality of life through meditation and gentle yoga. For the very first time, the authors present their own research-based program, *mindfulness-based cancer recovery (MBCR)*, which in one study lowered practitioners' stress by 55 percent and reduced mood disturbance by 65 percent. Practitioners also reported feeling more vigorous and less fatigued, and had better sleep after undergoing the program.

The MBCR program addresses both the specific symptoms and side effects of chemotherapy and other cancer treatments, and the emotional issues the survivor may be grappling with, such as fear of death, uncertainty, and lack of control. Readers use mindfulness meditation, relaxation and breathing exercises, visualization, loving-kindness meditation, and gentle yoga to thrive throughout cancer treatment and all the years beyond.



FOR MORE INFORMATION, CONTACT

Jessica Dore

jessica.dore@newharbinger.com
510-594-6124

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Linda E. Carlson, Ph.D., R.Psych. & Michael Speca, Psy.D., R.Psych
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Praise

"If you give yourself over wholeheartedly to what is being offered in this book, it could

make an enormous difference in your life and health in important ways too numerous to count.

The authors are committed practitioners of mindfulness and their mindfulness-based cancer recovery program, firmly rooted in research findings, radiates an authenticity that you can readily feel, and that will grow with time."

— Jon Kabat-Zinn, Ph.D., professor of medicine emeritus at University of Massachusetts Medical School

"*Mindfulness-Based Cancer Recovery* is a thoughtful, clear, and useful guide to living with cancer and cancer treatment, written by leading experts in the field. It distills Buddhist tradition into a series of practical exercises that can help you spend more of your time in the calm eye of the hurricane that is cancer."

— David Spiegel, MD, Willson Professor and associate chair of psychiatry and behavioral sciences at Stanford University School of Medicine

About the Authors

The authors of Mindfulness-Based Cancer Recovery are the creators of MBCR, an adapted form of mindfulness-based stress reduction specifically for cancer patients. They are authorities on the topic and the most frequently published writers on the topic of mindfulness for cancer.

Linda E. Carlson, Ph.D., R.Psych., holds the Enbridge Research Chair in Psychosocial Oncology, an Alberta Heritage Foundation for Medical Research Health Scholar award, and is a professor in psychosocial oncology at the University of Calgary. She is director of research and works as a clinical psychologist at the Tom Baker Cancer Centre, Calgary, Canada. Carlson is coauthor of *The Art and Science of Mindfulness* and has published more than 100 book chapters and research papers in peer-reviewed journals. She regularly presents her work at international conferences.

Michael Speca, Psy.D., R.Psych, is adjunct associate professor of psychosocial oncology at the University of Calgary and a former Canadian Cancer Society post-doctoral fellow at the Tom Baker Cancer Centre. As a clinical psychologist at the Centre, he counsels cancer patients and their families, facilitates a range of group support programs, and cofounded the Centre's popular Mindfulness-Based Cancer Recovery program.

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