

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

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Books Details:

Title: Getting Well Again: The Bests
Author: O. Carl Simonton M.D., James
Released: 1992-04-01
Language:
Pages: 304
ISBN: 0553280333
ISBN13: 978-0553280333
ASIN: 0553280333

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pdf, mobi, epub, azw, kindle

Description:

From the Publisher 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.

From the Inside Flap 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."

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