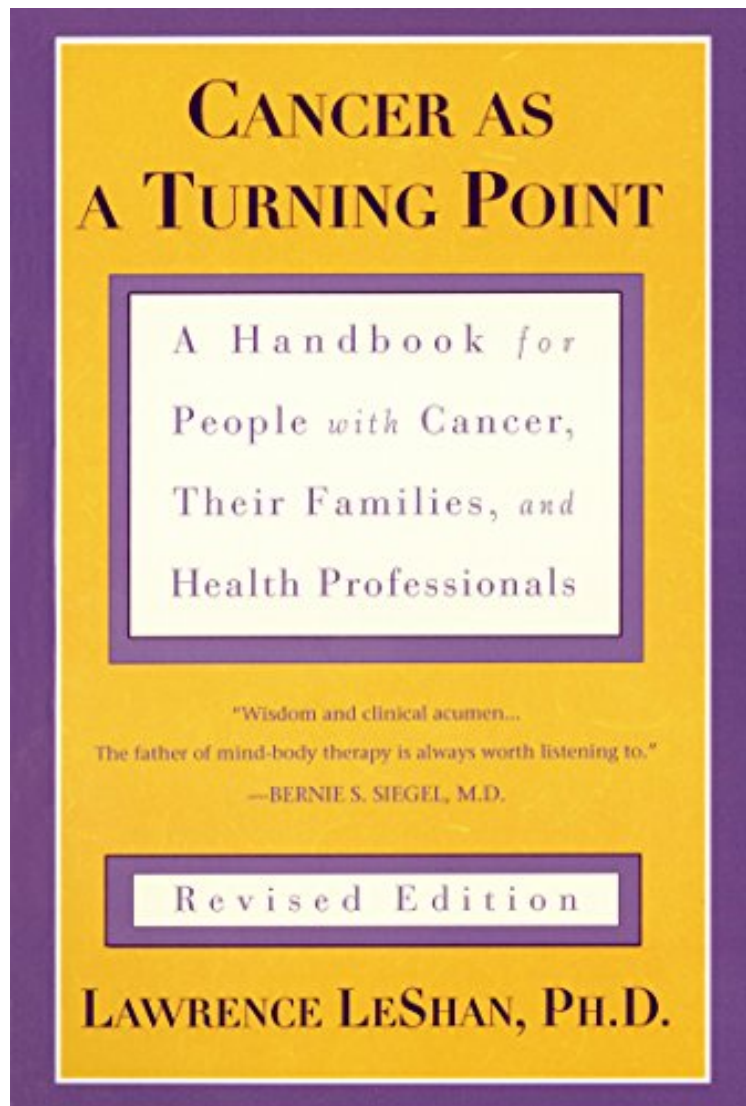


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## Cancer As a Turning Point: A Handbook for People with Cancer, Their Families, and Health Professionals

*Lawrence LeShan*

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**Lawrence LeShan : Cancer As a Turning Point: A Handbook for People with Cancer, Their Families, and Health Professionals** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cancer As a Turning Point: A Handbook for People with Cancer, Their Families, and Health Professionals:

0 of 0 people found the following review helpful. It is about the turning point By Customer Decades of work and

research reflected in this phenomenal work about the elements that make us happy and fulfilled. It provides the tools and steps to work into an unusual soul search that holds the potential to enlighten you and kick you into action. The benefit to cancer healing and the connection to cancer altogether is because this author spent his career working with cancer patients. The implications of his findings are universal and apply to anyone, healthy or not. 0 of 0 people found the following review helpful. Highly rated By M D Brady A friend who recovered from cancer some years ago talked this book up tremendously. Since then we have sent it to friends and even acquaintances who have been facing that challenge. Some of the information and examples may seem dated, but they are just as relevant today. Like all things you get out of it what you put into it... 4 of 4 people found the following review helpful. **HELP YOURSELF HEAL FROM ANY MEDICAL CONDITION** By J. Hageri'm a research psychologist specializing in behavioral medicine. **THIS IS POSSIBLY THE VERY BEST BOOK WRITTEN FOR THE LAYMAN, TO HELP ONE MAXIMIZE THE CHANCE OF RECOVERY FROM ANY MEDICAL CONDITION BY ADJUSTING OUR INTERNAL DIALOGUE TO FAVOR POSITIVE OUTCOMES, PARTICULARLY BY ADDRESSING ANY ASPECTS OF OUR LIVES WE ARE CALLED TO LIVE FULLY, BUT WHICH WE HAVE NEGLECTED!!!** The best cognitive therapy to complement whatever medical treatment(s) we are receiving.

Psychotherapist Lawrence LeShan has worked with cancer patients for more than thirty-five years and his research has led people with cancer to find new, effective ways to fight for their lives. He has put his findings--full of meaning and purpose--into this revised edition that shows how psychological change, along with medical treatment, mobilizes a compromised immune system for healing. Included is a life-transforming workbook of hands-on exercises designed to help readers evaluate their inner selves and teach them how to get the most out of their immune systems by leading fuller, richer lives.

From Publishers Weekly Le Shan rightly describes his ninth health guide as a "state-of-the-art handbook," counseling readers on how to realize their self-healing abilities by employing methods dramatized here in case histories. The book details strategies to promote psychological change and teaches techniques (active visualization, classical meditation) that encourage cancer victims to fight the disease. Critical of doctors, nurses and other hospital personnel who regard the afflicted primarily as machines to repair, Le Shan urges patients to insist on their rights to humane and conscientious care: "Many doctors are so completely oriented to fighting disease and ignoring the sick person that, in catastrophic illness, they often seem to be asking themselves: 'How many heroic measures and mutilating operations can be charged to the patient (or to the insurance company) before death--the final method of consumer resistance--is allowed to intervene?'" His advice on overcoming the often debilitating lay and professional attitudes surrounding the cancer sufferer is eminently sound. Author tour. Copyright 1989 Reed Business Information, Inc. From Library Journal LeShan, noted therapist and popular author of books on the mind/body connection, including *You Can Fight For Your Life: Emotional Factors in the Treatment of Cancer* (LJ 4/15/77), offers further advice for people dealing with cancer. Writing from an inspiring, holistic-oriented perspective, LeShan says that the crisis of cancer offers many positive possibilities for the sufferer--healing, a new life, a peaceful death, the unlocking of inner resources, and the uncovering of hidden self-knowledge. He also gives practical counsel on dealing with hospital stays and practicing meditation, and discusses the human need for a meaningful death. Recommended for public libraries with holistic health or New Age interest.- Judith Eannarino, George Washington Univ. Lib., Washington, D.C. Copyright 1989 Reed Business Information, Inc. About the Author Lawrence LeShan is a psychotherapist whose work has aided cancer patients for more than 35 years. He is the author of *Cancer as a Turning Point*, *The Dilemma of Psychology*, *The Medium*, *the Mystic*, and *the Physicist*, and *You Can Fight for Your Life*.