

BOOKLIST FOR SELF-HELP ON CANCER

Dr. E. Anthony Allen

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

TITLE	COMMENTS	AUTHOR	PUBLISHER
	I. INTRODUCTION		
1 THE GREAT PHYSICIAN'S Rx FOR CANCER	<p>Good basic wholistic overview. Jordin Rubins guides you with a plan that will help:</p> <ul style="list-style-type: none"> ●give you the best possible chance never to develop cancer ●augment whatever therapy - conventional or alternative - you're seeking to treat your cancer with 	Jordan S. Rubin	Thomas Nelson Inc. Tennessee
2 A PRACTICAL GUIDE TO COPING WITH CANCER	<p>Written by a Jamaica oncologist with excellent recovery from breast cancer. "You will:</p> <ul style="list-style-type: none"> ●Discover how easy it is to prepare for cancer, and calmly take on its challenges ●Be inspired and encouraged throughout the challenges of cancer ●Be educated about practical ways to cope with a cancer diagnosis ●Be taught to overcome your fears of cancer ●Learn to succeed, to survive and Never to Give Up". Practical guidelines for facing up to cancer, its treatments and recovery 	Jennifer Mamby-Alexander, M.D	Jennifer Mamby-Alexander, Publisher, Kingston
	II. MIND - BODY APPROACHES TO SELF HEALING		
3 GETTING WELL AGAIN	<p>"In this revolutionary book the Simontons profile the typical "cancer personality": how an individual's reaction 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 Sinontons' patients have used so successfully to reinforce usual medical treatment - techniques for leaarning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise, and building an emotional support system."</p>	O. Carl Simonton, Stephanie Matthews-Simonton, James L. Creighton	Bantam Books, Inc. New York

BOOKLIST FOR SELF-HELP ON CANCER

Dr. E. Anthony Allen

Consultant Psychiatrist

Consultant in Whole Person Health and Church-based Health Ministries

4	LOVE, MEDICINE & MIRACLES	Excellent classic on one's healing potential	Bernie S. Siegel, M.D.	Harper & Row Publishers, New York
5	SUPERIMMUNITY	"Medical researchers across the country have made an extraordinary breakthrough in the field of immunology: they have discovered that there is a crucial link between your state of mind and your state of health. Now, in this groundbreaking book, Dr. Paul Pearsall tells how to apply the latest scientific findings to <i>your</i> life. He shows how human emotions run in cycles of hot and cold, and how- by maintaining a happy medium - you can fight disease, improve your health and achieve SUPERIMMUNITY. Inside you'll find: ways to trigger your natural immunity to heart disease, cancer, stroke, various viruses, and more".	Paul Pearsall, Ph. D	Fawcett Books, New York
III. NUTRITION AND LIFESTYLES				
6	RAW FOOD TREATMENT OF CANCER	"This book tells of the importance of raw vegetables in the diet of healing and general good health". General introduction to the Raw to Vegetarian Lifestyle	Kristine Nolfi, M.D.	TEACH Services, Inc. Brushton New York
7	FIT FOR LIFE 1	"A simple, natural programme that shows you how to exploit your body's instinct for food, and teaches you how to eat in accordance with your natural digestive cycles. There is no calorie counting, no cutting of portion size. You simply learn when and in what combinations to eat the foods you like, and the weight comes off naturally - and permanently". Good detailed and useful description of Raw Vegetarian Lifestyle. Contains recipes	Harvey and Marilyn Diamond	Warner Books, New York
8	FIT FOR LIFE II	Combines and details the elements of a total lifestyle for cancer and health: Food, Water, Air, Sleep, Sunshine, Exercise, Loving Relationships		

