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Fighting Cancer From Within: How to Use the Power of Your Mind For Healing

Martin L. Rossman

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A breakthrough guide for cancer patients on using the mind to treat the body, from a pioneer in complementary medicine

Recent research has shown that the mind can make a tremendous difference in not only the daily experience of living with cancer but also in the potential for overcoming it.

In this groundbreaking book, Dr. Martin L. Rossman-hailed as "one of the greatest healers of our generation" by Rachel Naomi Remen-shows cancer patients how to use imagery in specific ways that can help them in their fight against cancer.

Imagery is a natural, efficient way of storing and processing information, and one that has powerful effects on both emotional states and physiology. And while imagery is not a substitute for medical, surgical, or other physical approaches to cancer therapy, scientific studies have proven that it complements and enhances those treatments in many important ways. In this first book of its kind, Rossman provides specific ways to use imaging in fighting cancer.

Praise for *Guided Imagery for Self-Healing*:
"This superb collection of imagery techniques is a landmark
contribution to the emerging field of behavioral medicine." -Joan Borysenko, Ph.D., author of M*inding the Body, Mending the Mind*

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