Web Sites

Complementary and Alternative Methods for Cancer Management
(American Cancer Society)

Integrative Medicine & Complementary and Alternative Therapies as Part of Blood Cancer Care
(Leukemia & Lymphoma Society)

Meditation: In Depth
(National Center for Complementary and Alternative Medicine)
nccam.nih.gov/health/meditation/overview.htm

Meditation
(Mayo Clinic)
www.mayoclinic.org/healthy-living/stress-management/in-depth/meditation/art-20045858?p=1

Library Materials

- Renew for 4 weeks, unless needed by another library user
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John & Nettie Mooney Library – La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East, With the Stanek Cancer Library Level 2, East Building

April 2019
Books

Cancer Meditation and Healing materials have a call number beginning with FE 108. Some meditation materials have a call number beginning with EA 220.

The chemotherapy survival guide: everything you need to know to get through treatment / Judith McKay (2009)

Cure: a journey into the science of mind over body / Jo Marchant (2016)

A dietitian’s cancer story: information and inspiration for recovery and healing from a 3-time cancer survivor / Diana Dyer (2007)

Healing gifts: qi gong in breast cancer recovery / Margaret Randolph. (2009)

The living kitchen: healing recipes to support your body during cancer treatment and recovery / Sarah Grossman (2018)

What to eat if you have cancer: healing foods that boost your immune system / Maureen Keane (2007)

Writing your way through cancer / Chia Martin (2000)

Yoga and breast cancer: a journey to health and healing / Ingrid Kollak. (2011)

A guided meditation to support a healthy immune system [CD] / Belleruth Naparstek (2009)


A meditation to help you with fatigue: [CD] guided imagery to help relieve tiredness from chemotherapy & radiation therapy / Belleruth Naparstek. (1998)


Meditations for difficult times: how to survive and thrive / Bernie S. Siegel, MD. (2004)


Your present: a half-hour of peace: a guided imagery meditation for physical and spiritual wellness / Susie Mantell. (2000)

DVDs


Yoga and the gentle art of healing: a journey of recovery after breast cancer / Susan Rosen. (2006)