

## Web Sites

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### Complementary and Alternative Methods for Cancer Management

(American Cancer Society)

<https://www.cancer.org/treatment/treatments-and-side-effects/complementary-and-alternative-medicine/complementary-and-alternative-methods-and-cancer.html>

### Integrative Medicine & Complementary and Alternative Therapies as Part of Blood Cancer Care

(Leukemia & Lymphoma Society)

<https://www.lls.org/treatment/integrative-medicine-and-complementary-and-alternative-therapies>

### Meditation: In Depth

(National Center for Complementary and Alternative Medicine)

[nccam.nih.gov/health/meditation/overview.htm](http://nccam.nih.gov/health/meditation/overview.htm)

### Meditation

(Mayo Clinic)

[www.mayoclinic.org/healthy-living/stress-management/in-depth/meditation/art-20045858?p=1](http://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
- Receive information by e-mail or mail
- At no cost to you

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(800) 362-9567, ext. 55995

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Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

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

# Meditation and Healing for Cancer Patients – Resources

## John & Nettie Mooney Libraries

April 2019

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

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## Books

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**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)

## CDs

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

A healing meditation for cancer patients and their loved ones [CD] / Elana Rosenbaum. (2002)

Managing the distress of cancer and its treatment [CD] / Dr. Carolyn Daitch. (1999)

A meditation to help you fight cancer [CD] / Belleruth Naparstek. (1991)

A meditation to help you with chemotherapy [CD] / Belleruth Naparstek. (1991)

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

A meditation to help you with healthful sleep [CD] / Belleruth Naparstek. (2000)

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

Music & meditations with Heavenly Voices / Anne DuBois and Janine Gribbroek. (2000)

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

## DVDs

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Breast cancer: the path of wellness & healing / created by Nina Montée Karp & Joyce Ostin. (2009)

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