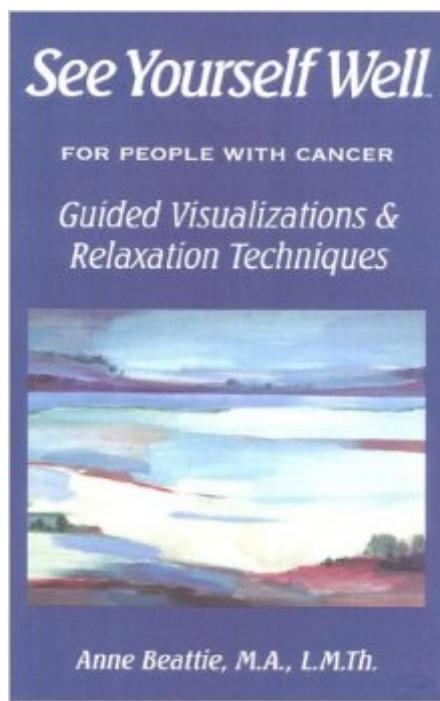


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# See Yourself Well: Cancer



## Synopsis

Guided visualizations & relaxation techniques designed to enhance mind/body healing for the person with cancer.

## Book Information

Audio Cassette

Publisher: Equinox Press (October 8, 1996)

Language: English

ISBN-10: 1881025306

ISBN-13: 978-1881025306

Product Dimensions: 4.6 x 0.7 x 7 inches

Shipping Weight: 3.5 ounces

Average Customer Review: 5.0 out of 5 starsÂ  [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #1,059,768 in Books (See Top 100 in Books) #64 inÂ Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #942 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #1240 inÂ Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology

## Customer Reviews

This is an audio tape. One side is relaxation and general stress reduction; the other is a guided visualization stressing health and empowerment. As a cancer patient and survivor I have used this tape during treatment and continue to use it in recovery. It is a professionally done piece that provides support, comfort and help. Anne's voice is pleasant and the music and message are well done and appropriate. I have given it to friends and suggest it for any cancer patients wishing to maintain a positive attitude and to reaffirm their sense of health and well-being.

Anne Beattie has a very calming voice. Immediately upon hearing the beginning of the cassette, you can begin to relax. Her visualizations are very realistic. Her tape is not repetitive or boring. It is the kind of tape that you would pick up daily to listen to. I listen to this tape while having chemo and it relaxes me. Being relaxed boosts your immune system and lets the medicine do its job. I recommend the tape highly.

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See Yourself Well: Cancer F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of

Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor Can You See What I See?: On a Scary Scary Night: Picture Puzzles to Search and Solve 101 Movies to See Before You Grow Up: Be your own movie critic--the must-see movie list for kids (101 Things) ZeroZeroZero: Look at Cocaine and All You See Is Powder. Look Through Cocaine and You See the World. (Penguin History American Life) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Endometriosis: What Your Doctor Doesn't Tell That You Need to Know (Living Well (Collins)) by Morris. Kerry-Ann ( 2006 ) Paperback Well Said (Well Said, New Edition) Energy (DK See for Yourself) How to See Yourself As You Really Are Taking Care of Yourself (Strategies for Eating Well, Staying Fit, and Living in Balance) Foods to Fight Cancer: Essential foods to help prevent cancer Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer Fuck Off, Cancer: Breast Cancer Shaken not Stirred Breast Cancer and Me: The Hope-filled and Sometimes Humerous Story of a Breast Cancer Survivor

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