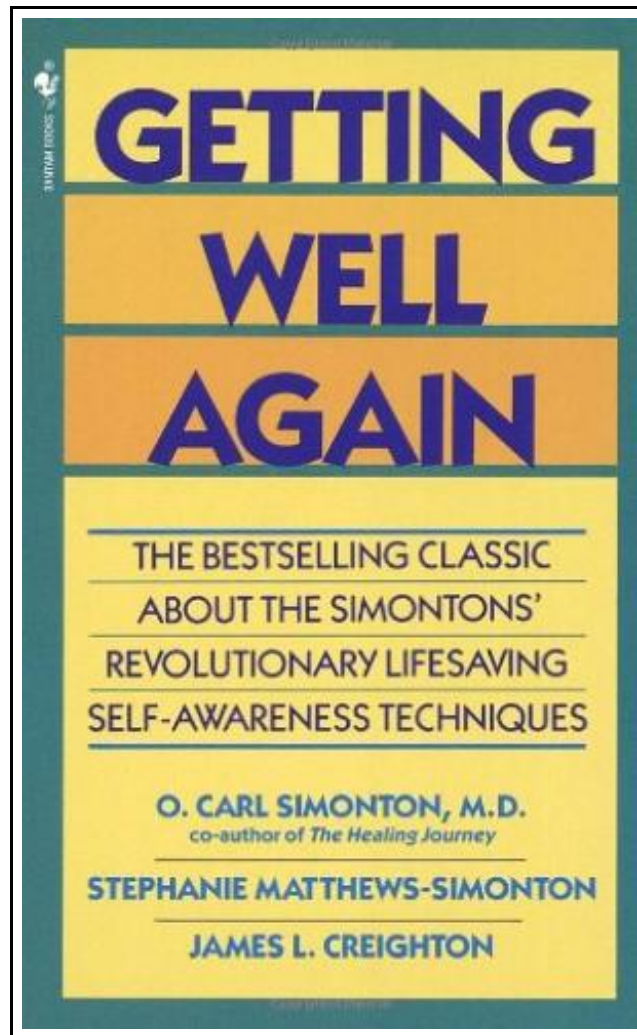


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Reviews

Very helpful for all category of men and women. It is rally fascinating throgh studying period. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Asia King)

GETTING WELL AGAIN: THE BESTSELLING CLASSIC ABOUT THE SIMONTONS REVOLUTIONARY LIFESAVING SELF-AWARENESS TECHNIQUES (PAPERBACK)



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Bantam Doubleday Dell Publishing Group Inc, United States, 1992. Paperback. Book Condition: New. Reprinted edition. 173 x 104 mm. Language: English . Brand New Book. Based on the Simontons experience with hundreds of patients at their world-famous Cancer Counseling and Research Center, *Getting Well Again* introduces the scientific basis for the will to live. In this revolutionary book the Simontons profile the typical cancer personality : how an individual s reactions 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 Simonton s patients have used to successfully to reinforce usual medical treatment -- techniques for learning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise, and building an emotional support system.

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