

A Slice of Life

A photograph of a hand holding a bundle of wheat stalks. The hand is positioned in the center, with the fingers wrapped around the wheat. The background is a soft, warm sunset or sunrise sky with orange and yellow hues. The wheat stalks are golden and have long, thin awns.

*A personal story
of healing
through cancer*

Lee Sturgeon-Day

Slice Of Life A Personal Story Of Healing Through Cancer

Shelly Dubois



Slice Of Life A Personal Story Of Healing Through Cancer:

A Slice of Life Lee Sturgeon-Day,1991 *A Slice of Life* describes the author s experiences of a year following the diagnosis of breast cancer and introduces the unique cancer treatment of anthroposophic medicine and therapies widely used in Europe and available in the USA *A Slice of Life* Lee Sturgeon-Day,2001 Fourteen years ago Lee Sturgeon Day was diagnosed with breast cancer Three years later after a variety of treatments her annual check up showed her to be completely clear She now counts herself one of the lucky ones and in this account of her illness and healing writes vividly and clearly of all that she learnt through her experience Many of those she came in contact with through her cancer have now died Cancer is clearly a disease of our time the author believes and it seems to strike with no pattern or predictability She describes the difficult and emotional period of assessing all the medical responses available from surgery to complementary medicine Her choice was to look to the principles and methods of anthroposophical medicine a whole person approach informed by the insights of Rudolf Steiner Working with doctors and healers to restore wholeness to her body and spirit using a range of therapies and treatments much of her personality is called on to change She learns above all that she does not have to nor even can do it all by herself The Women's Desk Reference Irene M. Franck,David M. Brownstone,1993 Contains some 1 500 entries on people organizations issues books politics and health each with see also references and many with bibliographical references Useful as a first stop reference Annotation copyright by Book News Inc Portland OR

Subject Guide to Books in Print ,1997 *American Book Publishing Record* ,2002 Forthcoming Books Rose Army,1996-06 **Whitaker's Book List** ,1991 **Healing with the Arts** Michael Samuels,Mary Rockwood Lane,2013-11-05 Heal yourself and your community with this proven 12 week program that uses the arts to awaken your innate healing abilities From musicians in hospitals to quilts on the National Mall art is already healing people all over the world It is helping veterans recover improving the quality of life for cancer patients and bringing communities together to improve their neighborhoods Now it s your turn Through art projects including visual arts dance writing and music along with spiritual practices and guided imagery Healing with the Arts gives you the tools to address what you need to heal in your life physical mental emotional and spiritual An acclaimed twelve week program lauded by hospitals and caretakers from around the world Healing with the Arts gives you the ability to heal your family and your friends as well as communities where you ve always wanted to make a difference Internationally known leaders in the arts in medicine movement Michael Samuels MD and Mary Rockwood Lane RN PhD show you how to use creativity and self expression to pave the artist s path to healing *Medical and Health Care Books and Serials in Print* ,1997 Healing with the Arts (embedded videos) Michael Samuels,Mary Rockwood Lane,2013-11-05 Heal yourself and your community with this proven 12 week program that uses the arts to awaken your innate healing abilities Acclaimed by hospitals and caretakers from around the world Healing with the Arts brings a tried and true program out of the medical field and into your home and neighborhood Improve your

physical mental emotional and spiritual health in just 12 weeks Whether you are ill suffering from emotional trauma or looking to unite your community the arts become the conduit to restore your wellness and thrive in life Dr Michael Samuels and Dr Mary Rockwood Lane created and developed this unique and powerful process to help anyone heal Through innovative art projects from the visual arts movement and dance writing and music along with spiritual practices and guided imagery readers learn to get in touch with their inner muse and inner healer Based on years of research and experience in the medical community Healing with the Arts sets the stage for a more meaningful and healthier existence Rise: Living Life Over Cancer Betty Jean Aucoin, Am I going to die This is the first question Betty Jean Aucoin asks when diagnosed with recurrent stage IV breast cancer No her doctors tell her But your journey ahead will be one without a cure at this time Over the past twenty five years there has been a significant increase in the diagnosis of cancer and chronic pain Almost everyone has either been diagnosed or knows someone who has been Conventional treatment plans have primarily focused on using drugs to combat and reverse cancer and chronic pain However many of these medications come with serious side effects and do not address patients holistic needs involving the mind body heart and spirit When Betty Jean was diagnosed with breast cancer for a second time she realized she needed to explore additional options beyond her medications Determined to find a way to reverse her diagnosis she began researching a multi faceted approach to healing This is the story of her remarkable journey an engaging and informative blend of memoir and self help that emphasizes the importance of an integrative approach to cancer treatment and overall well being Topics include healthy eating exercise self care mindfulness travel and the support of family and friends Each piece of advice is made practical and personal grounded in the author s study of healing practices You can thrive while living life over cancer The British National Bibliography Arthur James Wells,2002

Paperbound Books in Print ,1991 *Cancer with Joy* Joy Huber,2011-10-01 FIC examples of how she handled cancer with joy to help others from diagnosis through treatment and a powerful new brand Cancer with Joy quickly exploded This inspiring informative book transforms how the newly diagnosed those who love them handle cancer It is a priceless collection of stories from Joy and others 100 useful resources to save time money energy strength and more Cancer with Joy also details timely information on what the new healthcare reform bill means for those diagnosed with cancer who have insurance who are uninsured Cancer with Joy takes the fear out of cancer helping the newly diagnosed through treatment with resources support and encouragement In the middle of the word encouragement is courage and Joy offers that along with hope Cancer with Joy is the essential resource for newly diagnosed cancer patients and their caregivers Everyone diagnosed with cancer asks How will I handle this Reading Cancer with Joy is the answer Cancer with Joy also offers bonuses at a companion web site including additional pictures video and music Cancer - Finding Your Way To Healing Moments Of Me,2024-12-03 *Cancer Finding Your Way to Healing A Comprehensive Guide from Diagnosis to Recovery to Healing and Renewal* Are you or a loved one facing the life altering challenge of a cancer diagnosis Cancer Finding Your Way to Healing is your essential

empowering companion on the journey from fear to hope from uncertainty to healing This book is not just a guide it is a roadmap to reclaiming your life your strength and your peace of mind Written by a survivor who has walked the path from diagnosis to recovery this heartfelt guide offers personal insights powerful advice and a deep understanding of the challenges you face From the very first moment of diagnosis through treatment options both traditional and alternative to building powerful partnerships with doctors nurses and caregivers this book covers it all With over 50 practical tips to make everyday life easier and more fulfilling you will learn how to take control stay positive and navigate each step of the journey with confidence This book includes Personal insights from the author Real stories and lessons learned from someone who has faced cancer and emerged stronger Powerful advice on treatment choices from conventional therapies to natural alternative approaches Tips for building a strong supportive partnership with your medical team caregivers and loved ones 50 life changing tips to improve your daily life manage stress and boost your energy Emotional resilience strategies to help you cope with the ups and downs of the healing process Questions to ask your doctors and caregivers to ensure you are always informed and supported An ode to the journey of healing a tribute to the strength courage and renewal that cancer survivors experience Cancer Finding Your Way to Healing is packed with compassion wisdom and actionable advice It will motivate you to rise above the challenges embrace the healing process and transform your fears into courage Whether you are at the start of your journey or in the midst of recovery this book will inspire you to take charge of your healing discover inner strength and find hope for a brighter tomorrow Do not wait Start your path to healing today Find hope Find renewal Begin your journey to recovery

Beyond My Story . . . I Am C. Hawks, 2019-03-30 At age fifty nine author C Hawks feels like she is on the brink of brokenness and embarks on a ninety two day sojourn that takes her to quaint often non English speaking European villages Beyond My Story is a deeply honest memoir about the author s journey of healing introspection and insight into the power that our stories hold Hawks demonstrates an ability to boldly look within and to greet her own ego and shadow self In her pursuit of desperately needed rest nourishment and revitalization she trudges her way through the story she has been living and examines the consciousness that has shaped her story She blazes a trail for any woman courageous enough broken enough or desperate enough to follow A deeply reflective journey Beyond My Story teaches us how to open our own doors to awareness and higher consciousness With its twists turns and often comedic encounters this memoir reflects Hawks s belief that the world needs more of our feminine energy and that it needs us to be nourished healed and self aware This is a must read for every woman who has ever wondered Why am I

Life Illuminated Regina Chandler Tolbert, 2021-03-19 Life Illuminated by Regina Chandler Tolbert Books in Print, 1977

I Lost My Child To Cancer Shelly Dubois, 2016-02-19 In the spring of 2006 Shelly Dubois is as happy as she s ever been A recent move to beautiful Vancouver Island has proven to be a terrific decision Her husband Jean is pleased with his new job their younger daughter Aleida is adjusting well and their eighteen year old Chantal is finishing up her twelfth grade year

back in Alberta so she can graduate with her lifelong friends Shelly has a new job too and time enough to devote herself to the music that has always filled her life with joy But then comes the phone call that will change everything forever Chantal has an inoperable brain tumor Regular life ends abruptly and over the next two years begins a new much darker life of radiation chemotherapy and terror over the increasingly bad news about Chantal s health And in the end despite her relentless exhausting efforts to save her daughter a disbelieving Shelly has to watch her slip away In the days after Chantal s passing Shelly slips into a netherworld of incapacitating grief which isolates her from her husband and surviving daughter and makes everyday life unmanageable But as time moves on she slowly begins to discover a pathway to healing Deeply affecting while imbued with hope *I Lost My Child to Cancer* serves as an inspiring insight into how to cope with unimaginable sorrow www.ILostMyChildToCancer.com *Please Mom It's My Life* Jaideep Singh Chaddha, 2006-04-19 *Please Mom It's My Life* is written exclusively for the adolescents and the way they see their life For some inexplicable reasons puberty and adolescence produces a streak in children which automatically closes their eyes and ears to what their parents want them to see and hear However they view the same things differently when their friends say the same thing

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