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Getting Well Again: The Bestselling Classic about the Simontons Revolutionary Lifesaving Self-Awareness Techniques

By O. Carl Simonton, Stephanie Matthews Simonton, James L. Creighton

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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