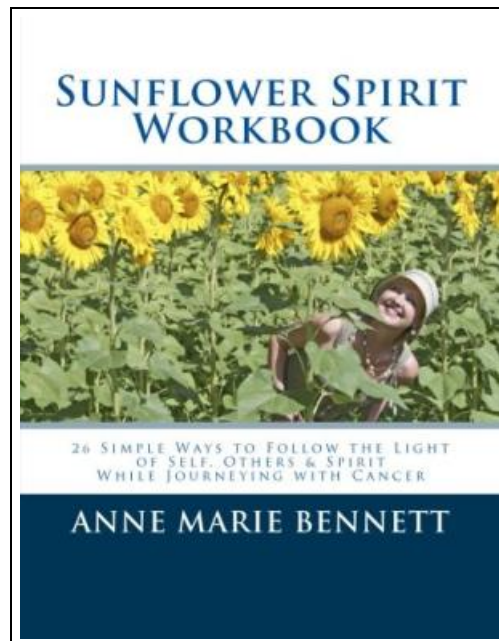


Sunflower Spirit: 26 Simple Ways to Follow the Light of Self, Others Spirit While Journeying with Cancer



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SUNFLOWER SPIRIT: 26 SIMPLE WAYS TO FOLLOW THE LIGHT OF SELF, OTHERS SPIRIT WHILE JOURNEYING WITH CANCER



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Sunflower Spirit gives anyone diagnosed with cancer a handbook overflowing with creative, simple ways to stay mindful and self-connected during what is usually a stressful, chaotic journey. Each idea begins with a different letter of the alphabet and consists of a one-two page essay on the topic as well as an easy-to-follow activity for you to try at home. The author shares the stories of her own two cancer journeys throughout the book. This wisdom from her personal experience offers the reader a calm feeling of knowing that she is not alone on her own journey with cancer. Starting with A is for Anchors, the author tells the story of her second cancer diagnosis and how she decided to choose four Anchor Words that brought her peace of mind during many invasive tests as well as the subsequent surgeries and chemo treatments. Other chapters include: creative expression, journaling, community connections, loving-kindness meditation, Metta, prayer, expressing emotions, quiet rest, physical needs and more. Sunflower Spirit contains lots of space for your own notes and ideas, as well as links to three audio recordings of the author's own guided imagery meditations which hit just the right chord for anyone on a cancer journey. You can listen to these audios online, or download them as MP3 files. The book is very easy to use. You can just pick it up and read a few pages and you'll have somewhere to begin! Cancer patients love it because it doesn't take a lot of energy to dive into. We all know how surgery and treatments can sap our energy. Well, the beauty of this book is in...



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