



Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer

David Simon

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"Beautiful. . . . If you are facing cancer or any other serious illness, I encourage you to allow the wisdom contained within these pages to nurture, guide, and support you." -Deepak Chopra, M.D., from his foreword

Return to Wholeness is a revelation. David Simon breaks new ground with the innovative, holistic mind-body approaches developed at the Chopra Center for Well Being. The guiding theme in this book is wholeness, as Dr. Simon demonstrates to readers the value of integrating the best of traditional and alternative medicines with ancient Eastern, Ayurvedic principles and practices in order to forge the most effective path to wellness.

Return to Wholeness features advice and recommendations on every aspect of living with illness, including designing a simple nutritional program to purify, rejuvenate, and provide balance; benefiting from the healing properties of vitamins, minerals, phytochemicals, and herbs; facing the toll exacted by chemotherapy and other medical techniques; incorporating various kinds of meditation, creative visualization, and aromatherapy into the larger Return to Wholeness program; and weathering emotional cycles through art therapy, journaling, laughter, and music.

"Return to Wholeness is magnificent. Reading this book made me feel embraced and uplifted by all that is healing and true. Return to Wholeness should be kept on the nightstand of everyone who has cancer or another illness or who is afraid of becoming ill." - Christiane Northrup, M.D. author of Women's Bodies, Women's Wisdom

"Return to Wholeness is the perfect book for anyone facing the diagnosis of cancer. . . . Powerful, powerful teachings you will not read elsewhere from a medical doctor." -Wayne Dyer, Ph.D., author of Manifest Your Destiny

"Gentle, compassionate, and yet thorough . . . a book that awakens the inner healer in all of us." - Louise L. Hay, author of You Can Heal Your Life

"An excellent source of information and guidance to help one integrate one's life and approach to cancer." -Bernie S. Siegel, M.D., author of Love, Medicine, and Miracles

"In every great challenge of life, we need guides who can show us the way. Dr. David Simon is a wise, compassionate physician who can help anyone on the journey through the experience of cancer." -Larry Dossey, M.D. author of Prayer Is Good Medicine and Healing Words

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Reginald McDade:

Now a day folks who Living in the era wherever everything reachable by interact with the internet and the resources in it can be true or not need people to be aware of each facts they get. How many people to be smart in receiving any information nowadays? Of course the answer then is reading a book. Studying a book can help individuals out of this uncertainty Information specifically this Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer book as this book offers you rich info and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it you know.

Joseph Taylor:

Reading can called brain hangout, why? Because if you find yourself reading a book particularly book entitled Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each word written in a book then become one application form conclusion and explanation that maybe you never get prior to. The Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer giving you one more experience more than blown away your head but also giving you useful information for your better life in this particular era. So now let us present to you the relaxing pattern is your body and mind will likely be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

Irene Carpenter:

As we know that book is important thing to add our understanding for everything. By a guide we can know everything you want. A book is a set of written, printed, illustrated or even blank sheet. Every year seemed to be exactly added. This publication Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer was filled in relation to science. Spend your spare time to add your knowledge about your science competence. Some people has diverse feel when they reading a new book. If you know how big selling point of a book, you can truly feel enjoy to read a publication. In the modern era like now, many ways to get book you wanted.

Ruth Zimmer:

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