



## The Healing Journey: Overcoming the Crisis of Cancer (Paperback)

By Alastair J. Cunningham

Healing Journey Books, United Kingdom, 2010. Paperback. Book Condition: New. 3rd Revised edition. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Healing Journey is a comprehensive discussion of what people with cancer can do to respond to the illness, explaining the potential of different avenues from conventional medicine and the role of diet to psychological and spiritual approaches. Alastair Cunningham writes not just as a scientist but also as someone who has had cancer himself. While cancer can of course be a very frightening experience, he suggests that it can also give people an impetus to develop a new worldview and a new experience of life that can be deeply satisfying. This revised edition also includes contributions from Dr Claire Edmonds and Petra Griffiths describing how the Healing Journey programme, a structured approach towards creating spiritual and psychological healing, has developed in Canada and the UK. Dr Alastair J Cunningham was Professor of Medical Biophysics and Psychiatry at the University of Toronto up to his retirement. He has developed the Healing Journey programme to help cancer patients to help themselves through learning practical coping skills and developing psychological and spiritual wellbeing. In 2003...



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