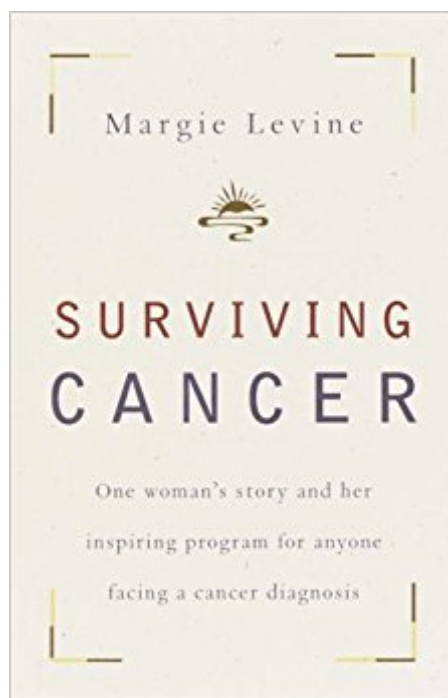


The book was found

Surviving Cancer: One Woman's Story And Her Inspiring Program For Anyone Facing A Cancer Diagnosis



Synopsis

When cancer specialists at Boston's internationally renowned Dana-Farber Cancer Institute diagnosed Margie Levine with a deadly asbestos-related lung cancer, they predicted that she had only six months to live. Refusing to give up hope, she chose an approach that combined state-of-the-art medicine with her own holistic program. Eleven years later, her mind/body regimen has evolved into a prescription for survival, and she has dedicated her life to sharing it with others. *Surviving Cancer* offers a practical, integrated way of self-healing, with advice on:

- Creating the best possible team of physicians and loved ones
- Maximizing nutrition, using veggie overdosing
- Ridding your cells of harbored anger with a six-point forgiveness program
- Using music to boost your immune system and fight pain
- Using visualization to make your own affirmation tape
- Building up endorphins by seeking joy
- Using creative meditation techniques

Covering these topics and dozens more, *Surviving Cancer* is not only one woman's lifesaving testimony, it's a plan for finding rejuvenation in every new day.

Book Information

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Customer Reviews

"When facing a major health crisis, connecting with people is an invaluable lifeline," writes Margie Levine in *Surviving Cancer: One Woman's Story and Her Inspiring Program for Anyone Facing a Cancer Diagnosis*. Call "friends in the medical field, and then friends of their friends

Levine is a health education teacher, a social worker, a therapist specializing in integrative medicine, and most importantly a cancer survivor. Diagnosed with mesothelioma of the lung in 1989, she was told that she only had six months to live. Her success story is told in this combination of aggressive, cutting-edge medicine, nutritional support, meditation, visualization, and other alternative therapies. By networking, Levine sought out the best physicians and latest treatments and investigated clinical trials. Along the way, she provides helpful hints for becoming one's own best advocate. Cancer sufferers can use her story as a road map to effective treatment. Unique in its combination of the personal and the practical, this inspirational guide is recommended for public libraries and consumer health collections. [The "Forty-One Steps to Wellness" section was originally self-published as *Embracing Challenge*. Ed.] Jodith Janes, Cleveland Clinic Fndn.- Jodith Janes, Cleveland Clinic Fndn. Copyright 2001 Reed Business Information, Inc.

It was a gift and she liked it.

Perfect

I needed this book and was very satisfied with its contents. Having recently been diagnosed with colon cancer and very disappointed with the limited conventional options recommended by my oncologist, I was looking for guidance in how to complement my chemotherapy treatments. To this end I have purchased and browsed through or read a couple dozen books on "how to survive cancer." Levine's book is the most practical and encouraging, the one I have used most faithfully. I am doing many of the things she suggests and feel that my recovering health is due to pursuing the combined mental/physical/spiritual approach that she advocates. Margie is the longest living survivor of a rare and aggressive cancer, demonstrating that her ideas can be very effective. What I like best in her book is, frankly, how easy it is to read. Cancer is confusing, to say the least, and I wanted straight forward information. Second, she makes it clear right up front that you need to be your own medical advocate, taking control of the direction in which your treatment goes and who you allow to treat you. Third, she encourages alternative and complementary treatment to conventional treatment and provides lots of ideas that she has had success with. Fourth, instead of "prescribing" her regimen for you, she encourages the reader to do what resonates with him or her and make their own regimen. She describes how what she did made her feel in a candid, confidential manner and I appreciated hearing of her pain and heartbreak, her joy and success through her ordeal. This provided companionship to me as I experienced similar things. Throughout

the book she encourages the reader to live life, not just fight cancer. This is good advice and Margie gave me the courage and "permission" (if you know what I mean) to think and act beyond being a cancer patient. Margie remained a person and encouraged people to interface with her as such. I too am remaining a person and enjoy being treated as such. I recommend this book to cancer patients and their families-- it will give you ideas that can improve the quality of your life now and complement conventional care that just may end up saving your life for many years to come. It is the best book I have found for surviving cancer.

I accidentally discovered this inspiring book and could not put it down. It is not only one woman's lifesaving testimony, it is truly a roadmap for finding rejuvenation in each day! As both a health education teacher and social worker, Margie offers a practical and integrated approach toward self-healing which we can all learn from. In 1989, diagnosed with deadly asbestos cancer, Margie was given only 6 months to live. With sheer grit and determination, she persuaded Boston doctors to set up her own medical protocol which she then developed into her 41 steps to wellness. She is truly a role model for all of us. I truly enjoyed it and highly recommend it to all my clients and everyone I know. Chapters include: creating the best possible team of physicians and loved ones to help you to heal, maximizing nutrition using veggie dosing, using visualization to create your own affirmation tape, ridding your cells of harbored anger with a 6 point forgiveness program, building up endorphins by seeking joy, and using creative meditation techniques. I'm certainly now eating lots more brocolli!

I found this after my treatments for breast cancer were over several years ago and was truly touched and somewhat transformed by the contents. Most people think that once the treatments are over, the journey is over, but that is not the case, and this author knows that! I felt truly comforted when reading this book and her information and personal stories really increased my hopefulness quotient and allayed my fears. --- Anne Marie Bennett, author of *À Â Bright Side of the Road: A Spiritual Journey Through Breast Cancer*

Margie Levine's very personal and inspirational story offers hope along with pragmatic steps to empower one's self to take charge of their own medical challenge. I read this book because I have several friends who are dealing with their own struggles with cancer. After completing Margie's book, I felt it most certainly would give them a new perspective on coping and taking charge of their own situations. This is a terrific book and I highly recommend it.

Surviving Cancer is a remarkable book with practical, user friendly steps to use toward wellness. This book blends traditional medicine with complementary techniques and can be used by anyone dealing with any kind of challenge. This book certainly deserves the nomination it just received as one of the "Four top Health books in the country.!"

Best book I've read on the topic. A great guide to living in these troubled times. Joel Skolnick

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Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer)
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