



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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This Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer is brand new way for you who has curiosity to look for some information mainly because it relief your hunger of information. Getting deeper you onto it getting knowledge more you know or you who still having small amount of digest in reading this Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer can be the light food for you personally because the information inside that book is easy to get by simply anyone. These books develop itself in the form which is reachable by anyone, yeah I mean in the e-book type. People who think that in guide form make them feel drowsy even dizzy this publication is the answer. So there is absolutely no in reading a guide especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss that! Just read this e-book kind for your better life and knowledge.

Sarah Luis:

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