



AFTER SHOCK: From Cancer Diagnosis to Healing - A step-by-step guide to help you navigate your way

Puja A. J. Thomson

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AFTER SHOCK: From Cancer Diagnosis to Healing is a user-friendly step-by-step guide, providing encouragement and practical advice to help patients and their families organize all aspects of their cancer experience-specifically: Medical choices: How to enlist support; get the most out of doctor appointments; make informed treatment decisions based on both established Western practices and complementary and alternative therapies. The overwhelming mountain of paperwork: How to track medical reports, test results, billing, insurance, personal notes and information about cancer. A personal "wellness program": How to select healthful practices such as relaxation, guided imagery, exercise and diet to support lifestyle changes; using the mind, emotions and spirit to contribute to physical healing. Endorsements include: MDs-Christiane Northrup, Larry Dossey & Marc Sheldon Feldman; writers-Marian Woodman, Rosalyn L Bruyere & Jason Elias; others with personal experience of cancer. Born and educated in Scotland, Thomson now lives in the Mid-Hudson Valley of New York State where she is founder and director of ROOTS & WINGS. Thomson created Roots & Wings-Guided Imagery and Meditations to Transform Your Life, an audio with music by Richard Shulman (1996) and a companion workbook (1999).

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