



## Positive Oncology: An Optimistic Approach to the Big C (Paperback)

By Sue Mackey

Balboa Press Australia, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Being diagnosed with cancer is one of the most shocking challenges a person can face. In Positive Oncology: An Optimistic Approach to the Big C, author Sue Mackey draws on her personal experience with cancer and combines this with positive psychology strategies, evidence of mind-body connections, and wisdom from ancient cultures to provide a guide to increasing coping skills and resilience. Her Positive Oncology approach is filled with optimism for harnessing the power of one's mind to achieve greater well-being and purpose in the face of life-threatening illness. Praise for Positive Oncology Wow, was my first reaction when I read Positive Oncology: An Optimistic Approach to the Big C! This is a powerful and valuable resource that allows and acknowledges grief, fear, anger, and sadness and offers simple strategies to help move through these phases on the way to recovery and wellness. I will highly recommend this gem to all of my patients. Dr. Karen White, Medical Oncologist Person-centered care has become a primary goal in modern medicine. A vital first step is listening to the voice of our patients....



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