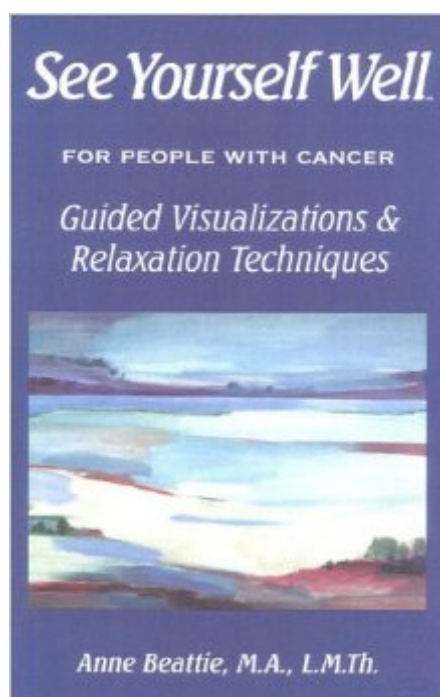


The book was found

See Yourself Well: Cancer



Synopsis

Guided visualizations & relaxation techniques designed to enhance mind/body healing for the person with cancer.

Book Information

Audio Cassette

Publisher: Equinox Press (October 8, 1996)

Language: English

ISBN-10: 1881025306

ISBN-13: 978-1881025306

Product Dimensions: 4.6 x 0.7 x 7 inches

Shipping Weight: 3.5 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,059,768 in Books (See Top 100 in Books) #64 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine](#) #942 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) #1240 in [Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology](#)

Customer Reviews

This is an audio tape. One side is relaxation and general stress reduction; the other is a guided visualization stressing health and empowerment. As a cancer patient and survivor I have used this tape during treatment and continue to use it in recovery. It is a professionally done piece that provides support, comfort and help. Anne's voice is pleasant and the music and message are well done and appropriate. I have given it to friends and suggest it for any cancer patients wishing to maintain a positive attitude and to reaffirm their sense of health and well-being.

Anne Beattie has a very calming voice. Immediately upon hearing the beginning of the cassette, you can begin to relax. Her visualizations are very realistic. Her tape is not repetitive or boring. It is the kind of tape that you would pick up daily to listen to. I listen to this tape while having chemo and it relaxes me. Being relaxed boosts your immune system and lets the medicine do its job. I recommend the tape highly.

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