



Getting Well Again: The Bestselling Classic About the Simontons' Revolutionary Lifesaving Self- Awareness Techniques

*O. Carl Simonton M.D., James Creighton Ph.D., Stephanie Matthews Simonton, Stephanie Matthews, James
L. Creighton*

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Based on the Simontons' experience with hundreds of patients at their world-famous Cancer Counseling and Research Center, *Getting Well Again* introduces the scientific basis for the "will to live."

In this revolutionary book the Simontons profile the typical "cancer personality": how an individual's reactions to stress and other emotional factors can contribute to the onset and progress of cancer -- and how positive expectations, self-awareness, and self-care can contribute to survival. This book offers the same self-help techniques the Simonton's patients have used to successfully to reinforce usual medical treatment -- techniques for learning positive attitudes, relaxation, visualization, goal setting, managing pain, exercise, and building an emotional support system.

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