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An Inside Job

Susan Barbara Apollon

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An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey

Amidst all of the doctors visits, unfamiliar treatments, anxiety, and fear that follow a cancer diagnosis, it s crucial to maintain a sense of stability and peace during your journey. That s exactly what *An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey* offers readers.

By combining scientific findings with integrative wisdom and the true, heartwarming stories of her cancer patients, Susan Apollon a psychologist who has specialized in integrative oncology, grief, and trauma for nearly 30 years provides a deeper, richer perspective of what we call healing.

You ll find a wealth of practical steps and insightful advice to help you shift to a more positive perspective, tap into hope, and pursue the possibility of a physical, emotional, and spiritual healing experience. For example:
Advice from cancer specialists, psychologists, and other healers
Practical tips on how to care for yourself body, mind, and soul
True stories that will validate your feelings and thoughts, and provide comfort and support
Spiritual insights about cancer and about what healing really means
A wealth of advice on the role integrative medicine can play in your treatment and in maintaining good health and well-being
Techniques to balance your energy, increase mindfulness, and tap into hope and joy

Ultimately, this book is not only for cancer patients, but also for friends, family members, caregivers, and professionals working in the field of healthcare doctors, nurses, psychologists, psychiatrists, and healers of every stripe. All of these individuals play a role in helping those affected by cancer undertake the inside job that makes possible a physical, emotional, and spiritual healing experience.

Susan s book is filled with the wisdom survivors learn from their experience of cancer. Their wisdom can be utilized to help you fulfill your potential and heal your life while eliminating your disease. Getting well against all odds is not a spontaneous remission. It is self-induced healing. Susan shares what changes you need to make in your life to have that happen. It is about how transformation and harmony in your life give your body a live message and induce a state of healing of your life and curing of your disease.

Bernie Siegel, MD, author of *The Art of Healing and Faith, Hope & Healing*

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