



CANCER AS A *Love Story*

DEVELOPING THE MINDSET
FOR LIVING

GAIL KAURANEN JONES

"A powerfully compelling chronicle of a wake-up call..."
— GREGG LEVON, bestselling author

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Cancer as a Love Story: Developing the Mindset for Living



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Cancer as a Love Story may be the courageous journey of a wellness pioneer who used the latest in neuroscience and “energy as medicine” to regain her wellness following a devastating prognosis of breast tumor in 2012. Understanding how to live beyond tumor... from the within out! With center, vulnerability, and wisdom, the author inspires us to live beyond cancer. Through her recovery, she teaches readers about one of the most overlooked parts of healing: the psychological process of releasing toxins and inner stressors that donate to the advancement of disease. She provides an in-depth overview of the four the different parts of health: physical, psychological, mental, and spiritual. Cancer as a Love Tale is full of “hidden jewels” and an insider’s look at the latest healing approaches which complement conventional medication.



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To Live!. But this is an extremely valuable book, a good tool for healthful living. But NO! Instead of giving up, rather than going the original medical path of chemo and radiation, the writer decided to fight back, to improve her attitudes, to improve her life. I love this last quote of hers by the end of the reserve: "The pause – occasionally initiated by a life curveball like cancer or another one of the soul's promptings for redirecting life – is usually the sacred host to becoming who we really are. My latest book on the subject is *The Allergy-Fighting Garden*. Gail is a true teacher. French philosopher, Pierre Teilhard de Chardin, stated that "We are not humans having a spiritual encounter; I met the author, Gail Kauranen Jones a couple of years ago on Linked-in.. In the past few years, malignancy has stolen people who have whom I have had close personal relationships throughout my life time – and in a single case – my entire life. This book will be useful for anyone who is dealing with an overload of tension. So much of this book is packed with smart, solid, easy-to-use guidance on how best to live a healthy lifestyle, on how to get and then stay healthy. I came across it specifically interesting when she told her readers that many, if not most, ladies who get yourself a diagnosis of cancer, that around three years prior they'd been dealing with extremely high levels of stress. *Cancer Survival* Extremely effective and useful reserve for tumor survivors and their loved ones. In order to deal with the problem you have to do more than just treat the symptoms; you also need to identify the source of the tension, and devise ways to eliminate it." It's my very own belief that too much stress can trigger almost any kind of severe medical condition, which is something the writer of *Malignancy as a Love Tale* understands well. Nor is this book simply for cancer survivors, even though the author is a thriving cancers survivor. Five Superstars! She mentions a sequel in the works. We have to implement ways that help us to not just eat smarter and exercise more (which are needless to say essential) but we also have to learn to integrate much more appreciation, more pleasurable, more joy, more like into our lives. The road to good physical health is one that cannot be separated from great, positive mental wellness. I am so looking towards it. I also think it would make an interesting and useful gift for anyone who is dealing with plenty of stress, and who must readjust, to enact what is possibly life-saving methods. As a wholistic nurse I am keenly attracted to means of being that support & *A Spiritual Action of Revolution* > Loaded with good tips and solid assistance on living a healthy life *Cancer as a Like Story* You can easily understand why the title of the book may scare off many potential readers. Natural, honest and vulnerable Gail takes you on a journey starting with first analysis which many hear simply because a death sentence. This is actually the self-told story of one woman who was identified as having breast cancer. She walks and models a pathway that is clearly a call to LIFE! A full-on mind body center and spirit work bucking conventional but brief sighted medical advice, investigating, exploring and tests not merely alternative treatments however the dark corners and hinterlands of her brain and heart where personal sabotaging stumbling blocks and childhood trauma reside. Gail's gift clearly is supporting others learn to develop a fresh mindset for Surviving in a way that produces new outcomes. In so doing she outlines a fresh paradigm for healthcare and reform, not just for individuals who are ill but also for all of us: how to release emotional poisons and unneeded self-criticism that eventually can become dis-ease. *Malignancy* was certainly Gail's curveball, but what she learned from that experience has many applications to all of us going through any major lifestyle change. This book can be I will add, very honest, frequently emotionally powerful, and at all times, quite readable. empower visitors to live consciously with a deep feeling of true self love for most of who they're both wounded and healing. Gail's book is indeed an action of revolution for the reason that endeavor. Beautiful book in regards to a difficult subject matter. As adults it really is our responsibility to end up being as healthy as you

possibly can, to create good, positive illustrations for those around us. I have not been diagnosed with cancer. Not yet, anyhow. But in the past, I did so travel that route with two family members – my husband and my mother. How I wish this book, *Cancer as a Love Story*, had been open to me then. My hubby died of malignant melanoma and my mother of kidney malignancy. The outcome may not have already been any different, but I believe the difficult journey would have been easier, even more thoughtful, more hopeful, even more spiritual. Gail's personal healing trip and the Insight that she has into healing is performed in that heartfelt way. But it is so a lot more than a personal memoir; it is a wisdom companion. She's done all the work of fabricating a toolkit made up of the latest discoveries in neuroscience and the most recent "energy as medicine" therapies. A lot of us understand that our physical curing can't be separated from our emotional and spiritual healing. Our physical body is only one of our dimensions. Then too, like the vast majority of us however, I've lost some extremely close friends, women every one of them, who died all too young of tumor. We have been spiritual beings having a human being experience. While I've never had to handle a cancer diagnosis, I've had to cope with health and other life difficulties. Gail informs her five-year healing journey as she techniques to "a new life story." Upon her medical diagnosis she travelled inward. Yes, she did listen to the doctors and accepted a few of their recommendations. This book is an inspirational journal full of practical tips to help anyone ready to think "beyond your box" of traditional medicine." She knew there have been answers and options available beyond the most common surgery, radiation, chemo suggestions of the traditional medical establishment. Those choices are varied and she provides us with a wealth of resources and information. They include Chinese medication, meditation, physical in addition to emotional detoxification ("Your issues in your tissues"), various types of massage, your brain Body System at MGH, also TONG REN Curing Circles. This helpful aggregation of resources isn't only for the patient but also for the friends and family who wish to support see your face. One of the book's hallmarks is definitely its readability. The chapters are bite sized – little gems of wisdom. Every one of these events had taken a profound toll on me. Much more when compared to a story about malignancy. Her trip of "moving beyond surviving to thriving" is one we all can take, whether we have cancer or not really. As a genuine warrior girl and wellness pioneer she boldly goes where Western medication falls brief. Gail walks her talk: Her tale of reinvention from empty nester in Boston to her courageous decision to go 3000 kilometers to Arizona to possess a new start in life post malignancy is really as similarly intriguing as her cancer healing trip. As she says in the book, "environments matter" in curing. She chose to develop a clean slate to give her mind-body-spirit an optimum chance at great health. Within *Cancer as a Love Story* she also teaches that to seriously change, we should stop, go inward, and reflect. I'm a health researcher, whose work is targeted on allergy and asthma, and at eliminating allergenic triggers inside our environment." Let's face it: just about everyone has had a curveball in life. This is simply not an easy path but for those with courage to face their forgotten shadow side, one of wish, compassion and a satisfaction sorely needed in our unstable world, Through her own occasionally excruciating journey Gail displays how living your daily life completely can be a spiritual practice. I've always been aware as well, that there surely is also a feasible link with pollen-allergy and cancer, specifically cancers that affect women. We need to develop simple, clean cut strategies to handle the stresses life throws at us constantly. I highly recommend this book and I would strongly encourage visitors of these reviews to get a copy, to learn it yourself, also to certainly give a copy to any friend you have who's dealing with cancer. An inspirational publication for anyone interested in improving their lives!. However, she acquired the courage

"to maintain a medical setting and keep listening within for assistance amidst others in authority positions. The information reaches beyond people diagnosed with "cancer" and is abundant with content helping anyone thinking about improving the quality of their lives (physical, mental and spiritual). I admire and respect her on her behalf courage and vulnerability in posting her personal tale. My college roommate who was a four-period Olympian and a Silver Medalist in the 1984 Los Angeles Olympics died of pancreatic cancer a few years after he stayed with me to run the 100th Anniversary Boston Marathon. Thanks Gail for investing time to bless others together with your words! a loved one with tumor or are surviving cancer as well as .. Cancer is flat out scary, and most of us fear so much it. Such a well-written book. This book is a unique and profoundly intimate view of Gail Kauranen Jones' journey to wellness after her diagnosis of breast cancer. Whether you have cancer, someone you care about with cancers or are surviving tumor or even have some other type of other malady this reserve is an advisable read. This will need you on a journey yourself to discover new ways to see and go through the world for your highest good:) The windmills of your brain! Years back a university veterinarian professor of mine told us, "Virtually each and every case of disease you will come across with domestic animals could be traced back again to some type of stress. Uplifting your daily life with new ways of thinking Elevate your life to the next level with this personal trip and enlightening occasions shared by the writer. Healing techniques that make use of intuition and substitute modalities art outlined in this book in a thoughtful and personal based tone. An amazing story, compiled by an inordinately thoughtful woman. I was impressed with her writing and her wide selection of interests regarding better human health. Kudos to Gail! Filled with Tips & Assets to greatly help Live a Happier, Much healthier Life! Wow! I thoroughly liked reading Gail Kauranen Jones' book, Cancers as a Love Story: Developing the Mindset for Living." If he were alive today I know he would be raving about and recommending this publication to anyone who is diagnosed with a grave illness. Among the things I really like about Gail Kauranen Jones' publication is that it's Filled with tips and resources which any of us can use to live a happier, healthier life! Making essential decisions -- about health, jobs, relationships -- could be really challenging, especially when there's conflicting details or differing views from professionals, friends and family. Gail Kauranen Jones encourages us to provide ourselves enough time to get calm and listen to our own inner assistance. She gives types of how she do this in working with her tumor treatment. It's a great reminder that while "the experts" may recommend a particular path, it's our very own innate wisdom or divine guidance that's likely to give us the very best plan of action for our exclusive selves. Gail Kauranen Jones says "...my intention is to share insights, tools, and resources for understanding how to live now in an increased state of being--to make all our days regardless of how many we've, even more joyful and meaningful. She also provides us with helpful links on each topic to permit us to delve deeper on our own. This is a tale about personal rediscovery. I was actually extremely lucky to can see Gail Kauranen Jones' publication, Cancer As A Like Story, at an ideal time in my life. Yet, simultaneously, I wish she wrote the book years previously when I could have spread the term about it to several people who could have utilized both her sound advice on malignancy treatment and her reflections on personal (re)discovery. As I go through her impressive publication, I was struck over and over with the idea that this book is in no way just for those with a diagnosis of cancer. Easy read - recommend! An old SENIOR HIGH SCHOOL girlfriend died of tumor a few years after a course reunion. And my closest brother (I have 8 of these) died this past summer of prostate cancers that spread throughout his body. Some of the topics the book handles may seem esoteric for some but she explains and describes them in a very clear, easily digestible way.



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