



# **Calm Your Mind, Warm Your Heart: Real Voices and Techniques to Support You Through the Ups and Downs of Cancer**

*Catherine Phillips*

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At a conference several years ago, psychologist Catherine Phillips heard the Dalai Lama say, “The single most important thing you can do for healing is to cultivate a warm heart.”

“That’s it!” she thought. That one sentence captured what she had learned in more than 15 years of working with cancer patients and their families through the Healing Journey, a program that helps people cope with cancer.

In this book, Dr. Phillips brings the intimacy of a support group into the reader’s private world. She teaches simple yet effective techniques to promote physical, emotional, and spiritual healing and shares real-life stories from patients about their own experiences through the ups and downs of cancer.

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Playing with family inside a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Calm Your Mind, Warm Your Heart: Real Voices and Techniques to Support You Through the Ups and Downs of Cancer, you are able to enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

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