

Breast Cancer Meets Mindfulness: Surrendering to Life

Breast cancer is a life-changing diagnosis. It can be a time of great fear, uncertainty, and upheaval. But it can also be a time of growth, transformation, and healing.



Breast Cancer Meets Mindfulness: Surrendering to Life

by Cheryl Wilfong

★★★★★ 5 out of 5

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Word Wise : Enabled
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Lending : Enabled



In her new book, *Breast Cancer Meets Mindfulness: Surrendering to Life*, author Susan Bauer shares her personal journey through breast cancer and how she used mindfulness to cope with the challenges and find peace and healing.

Bauer was diagnosed with breast cancer in 2014. She underwent a mastectomy, chemotherapy, and radiation therapy. During this time, she turned to mindfulness to help her manage the stress, anxiety, and pain.

Mindfulness is the practice of paying attention to the present moment without judgment. It can help us to reduce stress, improve our focus, and increase our compassion for ourselves and others.

Bauer found that mindfulness helped her to stay grounded during a time of great uncertainty. It helped her to focus on the present moment and to let go of the worry and fear that was consuming her.

In her book, Bauer shares the mindfulness practices that helped her to cope with breast cancer. She also offers guidance on how to use mindfulness to deal with the challenges of cancer treatment, such as pain, fatigue, and nausea.

Bauer's book is a powerful and inspiring resource for anyone who is facing breast cancer. It offers hope, guidance, and support for those who are going through this difficult journey.

Here are some of the benefits of mindfulness for people with breast cancer:

- Reduces stress and anxiety
- Improves focus and concentration
- Increases compassion for oneself and others
- Helps to manage pain and fatigue
- Promotes healing and recovery

If you are interested in learning more about mindfulness, here are some resources:

- The Center for Mindfulness at the University of Massachusetts Medical School
- The Mindfulness Center at Brown University
- The Insight Meditation Society

Susan Bauer is a breast cancer survivor, mindfulness teacher, and author. She is the founder of the Mindful Breast Cancer Journey, a nonprofit organization that provides mindfulness-based programs for people with breast cancer.

Bauer's book, *Breast Cancer Meets Mindfulness: Surrendering to Life*, is available on Our Book Library and other online retailers.



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