



Zen Cancer Wisdom: Tips for Making Each Day Better

Suzanne Friedman

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With a much-needed sense of levity, Daju Suzanne Friedman teaches the art of keeping one's body, mind, and spirit together while living with cancer.

"Layman Wang once asked his attendant, 'What would you do if a dragon suddenly arrived here?' His attendant answered, 'I wouldn't pay attention to anything else.' This is how it feels when you've been diagnosed with cancer. Your attention and focus shift dramatically towards just this one thing. While single-minded focus can be beneficial, it is also important to remember that you are more than your diagnosis, and that there is more to life than being a patient." --from the introduction

In *Zen Cancer Wisdom*, Daju Suzanne Friedman--Zen teacher, Chinese medicine doctor, and Qigong specialist--shares the inspirations, insights, and humor that helped her to continue to live fully in the face of cancer. With sections devoted to soothing the spirit, harnessing the mind, nourishing the body, and qigong stretches for soothing aches and pains, Friedman provides thoughtful guidance on topics ranging from hair loss and constipation to coping with stress and learning to laugh again. Each chapter begins with an anecdote drawn from the Zen tradition, followed by personal reflection, and a brief guided practice specifically for cancer patients. Pocket-sized, with short, buoyant chapters, and meditation exercises designed to be practicable anywhere in only a few minutes time, *Zen Cancer Wisdom* is the perfect companion book for cancer patients.

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