Climb back from cancer: a survivor and caregiver's inspirational journey

https://libraries.phsa.ca/permalink/catalog16143
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Victoria Cancer Info Ctr
Call Number: WH250 H684c 2004

Chicken soup for the breast cancer survivor's soul: stories to inspire, support and heal

https://libraries.phsa.ca/permalink/catalog15599
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Call Number: WP870 C222 2006

Pilates for breast cancer survivors: a guide to recovery, healing, and wellness

https://libraries.phsa.ca/permalink/catalog121076
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WP870 A113 2014
Beyond surviving : cancer and your spiritual journey

https://libraries.phsa.ca/permalink/catalog121162

Maginley, David. Halifax, NS: Tristan Press, 2016. (Book) — 4 copies, 4 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
          Abbotsford Cancer Info Ctr
          Surrey Cancer Info Ctr
          Victoria Cancer Info Ctr
Call Number: QZ201 M194 2016

“...What if you could use cancer to evolve more fully into love? David Maginley has been there --- four times. His cancer led to a near-death experience and a career helping thousands face this disease. Through profound storytelling, David brings you to the core of the cancer journey to discover the he…"

Yoga and breast cancer : a journey to health and healing

https://libraries.phsa.ca/permalink/catalog20093
http://www.r2library.com/Resource/Title/1932603913


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
          Vancouver Cancer Info Ctr
          Kelowna Cancer Info Ctr
          Surrey Cancer Info Ctr
          Victoria Cancer Info Ctr
          Abbotsford Cancer Info Ctr
          Prince George Cancer Info Ctr
          Internet
Call Number: WP870 K81y 2011

URL Notes: This title was funded by the Order of the Eastern Star, and is licensed for one user at a time. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.
Crazy sexy cancer: a story about looking for a cure, and finding a life
https://libraries.phsa.ca/permalink/catalog16109
Carr, Kris, Fassett, Brian, Nathanson, Beth. New York, NY: Gaiam, 2007. (Video, DVD) — 7 copies, 6 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ201 C311c 2007

"25 minute healing yoga routine and guided relaxation with instructor Rodney Yee; Ways to find your om; Get juiced - in the kitchen with Kris; Simple detox methods; Deleted scenes and extended interviews"

Hope and healing: A practical guide for survivors of suicide
https://libraries.phsa.ca/permalink/catalog11207
Victoria, BC: BC Ministry of Health, Mental Health and Addiction, 2007. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GV 155 HOP 2007

"This guide has been written with the help of many suicide survivors and the health professionals who work with them to help survivors through this difficult time. The guide focuses on the practical matters that survivors need to deal with after a suicide. Further help and information are listed und…"

Hope and healing: A practical guide for survivors of suicide
https://libraries.phsa.ca/permalink/catalog11154
Audience: Patient or Public
Agency: BC Children's and Women's
URL Notes: Click on the link to view

"This is a guide that focuses on the practical matters that survivors need to deal with after a loved one has died by suicide. CONTENTS: Emotional reactions to a suicide are intense and overwhelming; Knowing what to expect will help you cope; Information about arranging a funeral and dealing with le…"
Journey through cancer: healing and transforming the whole person


Audience: Patient or Public
Agency: BC Cancer Agency
Location:
- Vancouver Library
- Vancouver Cancer Info Ctr
- Surrey Cancer Info Ctr
- Victoria Cancer Info Ctr
- Kelowna Cancer Info Ctr
- Abbotsford Cancer Info Ctr
- Prince George Cancer Info Ctr

Call Number: QZ201 G299j 2006

Art and healing: an artist's journey through cancer


Audience: Patient or Public
Agency: BC Cancer Agency
Location:
- Vancouver Library
- Victoria Cancer Info Ctr

Call Number: QZ266 C899 1991

Cancer: embracing the healing journey


Audience: Patient or Public
Agency: BC Cancer Agency
Location:
- Vancouver Library Relax
- Surrey Cancer Info Ctr
- Victoria Cancer Info Ctr
- Abbotsford Cancer Info Ctr

Call Number: QZ266 H7981c 2006
Survivor's story: life after the cancer journey
https://libraries.phsa.ca/permalink/catalog16276
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Victoria Library
Call Number: QZ200 B366a 2006 v.19

"Full conference information obtained from the Annual cancer conference program and abstracts. See ID# 15548. (QZ200 B366 2006)

Finding your way through cancer: an expert cancer psychologist helps patients and survivors face the challenges of illness: based on the author's pioneering work with more than 7,500 patients
https://libraries.phsa.ca/permalink/catalog20760
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 K68 2010

Beginning your healing journey: an active response to the crisis of cancer
https://libraries.phsa.ca/permalink/catalog10600
Cunningham, Alastair J. Toronto, ON.: World Health Services Council, 2001. (Video, VHS) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room Oversize
Call Number: QZ200 C973b 2001 v.1-6

v.1: Introduction (88 minutes). ; v.2: Stress, relaxation, the healing path (62 minutes). ; v.3: Relaxation: thought management (93 minutes). ; v.4: Mental imagery for healing (102 minutes). ; v.5: Setting goals (84 minutes). ; v.6 interviews (28 minutes); Workbook is part of this series. See I...
Beginning your healing journey: an active response to the crisis of cancer: workbook
https://libraries.phsa.ca/permalink/catalog11106
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room Oversize
Call Number: QZ200 C973b 2001

Ebb and flow: storytelling for cancer survivors
https://libraries.phsa.ca/permalink/catalog20204
http://www.ebbandflowstory.com/
Lang, Mike. Anacortes, WA: Hands On Films, 2011. (Video, DVD)
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet

Journey: a practical guide to healing your life and setting yourself free
https://libraries.phsa.ca/permalink/catalog15804
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Victoria Cancer Info Ctr
Call Number: WM172 B361 2002

Crazy sexy cancer tips
https://libraries.phsa.ca/permalink/catalog15969
Carr, Kris, Crow, Sheryl. Guilford, CT: Skirt!, 2007. (Book) — 12 copies, 10 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Call Number: QZ201 C311 2007
Healthy gut workbook: whole-body healing for heartburn, ulcers, constipation, IBS, diverticulosis and more
https://libraries.phsa.ca/permalink/catalog20344
Sierpina, Victor S.; Oakland, Calif.: New Harbinger, 2010. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WM400 S54 2010

Very best healing foods to fight cancer, diabetes, arthritis, high cholesterol, heart disease and much more
https://libraries.phsa.ca/permalink/catalog21477
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Call Number: QZ266 N9 F678 2011

Living beyond breast cancer: a survivor's guide for when the treatment ends and the rest of your life begins
https://libraries.phsa.ca/permalink/catalog7193
Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: WP870 W431 1998

"Discusses problems women face after treatment ends, including side effects, health insurance, fears of recurrence, ongoing relationships with healthcare professionals, how to find support, how to become as healthy as possible, how to deal with recurrence, job issues, health insurance, lymphedema, a..."
Living well beyond breast cancer: a survivor's guide for when treatment ends and the rest of your life begins


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
          Kelowna Cancer Info Ctr
          Surrey Cancer Info Ctr
          Victoria Cancer Info Ctr
          Abbotsford Cancer Info Ctr
          Prince George Cancer Info Ctr
Call Number: WP870 W431 2010

Healing your grieving heart after a cancer diagnosis: 100 practical ideas for coping, surviving, and thriving


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
          Abbotsford Cancer Info Ctr
          Kelowna Cancer Info Ctr
          Prince George Cancer Info Ctr
          Surrey Cancer Info Ctr
Call Number: QZ201 W855 2014

Journey for healing with Kuan Yin


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
          Kelowna Cancer Info Ctr
Call Number: QZ266 S437 2004
Healing journey: overcoming the crisis of cancer
https://libraries.phsa.ca/permalink/catalog1424
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Call Number: QZ200 C973h 2000

My healing journey: seven years with cancer
https://libraries.phsa.ca/permalink/catalog16468
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Call Number: QZ200 V832m 1998

Healing journey
https://libraries.phsa.ca/permalink/catalog113488
Cunningham, Alastair J. Toronto, ON: Alastair J. Cunningham, 2002 - 2004. (Book) — 4 copies, 4 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ200 C974 2002-2004

v.1: Level one of the healing journey: an active response to the crisis of cancer: workbook; v.2: Level two of the healing journey: skills for healing: workbook; v.3: Level 3 of the healing journey: bringing spirituality into your healing journey: incorporating the workbook for level 3; v....
Healing journey
https://libraries.phsa.ca/permalink/catalog14972
Miller, Emmett E. Nevada City, CA: Emmett Miller , 1979. (Audio, CD) — 5 copies, 5 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: 
Vancouver Library Relax
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 M627j 1979

Healing journey
https://libraries.phsa.ca/permalink/catalog14103
Simonton, O. Carl, Henson, Reid M, Hampton, Brenda. San Jose: Authors Choice Press , 2002. (Book) — 2 copies, 1 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: 
Vancouver Library
Vancouver Cancer Info Ctr
Call Number: QZ266 S61h 2002

Yoga for cancer survivors
https://libraries.phsa.ca/permalink/catalog17592
Culos-Reed, S. Nicole, Hately-Aldous, Susi. Calgary, AB: Alberta Cancer Board, Tom Baker Cancer Centre | University of Calgary , 2008. (Video, DVD) — 7 copies, 7 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: 
Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Call Number: QZ201 Y54 2008 v.1-4

v.1: Introducing the basics ; Connecting to your body and breathing ; v.2: Developing ease, stability, strength and flexibility ; Opening your heart and chest ; v.3: Building relaxed resilience ; Experience meditation in motion ; v.4: Feeling what your body wants
Healing, hope and humor : a comedian's journey
https://libraries.phsa.ca/permalink/catalog16303
Fitzgerald, Dave, LaCroix, Darren. Auburn, MA: Humor Institute, Inc., 2007. (Video, DVD) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Call Number: QZ201 F553h 2007

April 16, 2008: This video is the same as ID# 4281 "Living and laughing with cancer...", title changed as per publisher.

Cancer fitness : exercise programs for cancer patients and survivors
https://libraries.phsa.ca/permalink/catalog14228
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 S399c 2004

Healing circle : integrating science, wisdom and compassion in reclaiming wholeness on the cancer journey
https://libraries.phsa.ca/permalink/catalog19146
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ266 R981h 2010
Seven levels of healing: celebrating life and spirit on the journey through cancer

https://libraries.phsa.ca/permalink/catalog16112


Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Call Number: QZ266 G299 2006

Presented at a "Cancer as a Turning Point Conference". A physician discusses combining conventional medical treatments for cancer with mind/body and complementary approaches to healing. Level 1: Education & Information; Level 2: Connection with Others; Level 3: The Body as Garden; Level 4: Em...

Work and cancer survivors

https://libraries.phsa.ca/permalink/catalog18057


Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library Internet
Call Number: QZ200 W926 2009
URL Notes: This title is licensed for one user at a time on BCCA-network computers. If you are denied access while on a network computer, try again later.

Cancer survivors are returning to the workplace in higher numbers than ever before. This is a positive outcome of the "war on cancer", however, many of these cancer survivors face the possibility of illness- or treatment-related complications; employer discrimination or harassment; and other seriou...

"
Strength and courage: exercises for breast cancer survivors

https://libraries.phsa.ca/permalink/catalog19690

— 10 copies, 10 available

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library AV Room
Kelowna Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: WP870 S914 2007

Contains exercises to help breast cancer survivors regain upper body strength and flexibility and improve posture.
Also includes a section on aerobic conditioning guidelines and a new chapter "Lymphedema: what you should know"; Ch. 1: Posture exercises can be completed following surgery; Ch. 2...

Health services for cancer survivors: practice, policy and research

https://libraries.phsa.ca/permalink/catalog20016


Audience: Professional

Agency: BC Cancer Agency

Location: Vancouver Library
Victoria Library

Call Number: QZ200 H434f 2011

Suicide information for teens: health tips about suicide causes and prevention including facts about depression, risk factors, getting help, survivor support, and more

https://libraries.phsa.ca/permalink/catalog17515

Shannon, Joyce Brennfleck.; Detroit: Omnigraphics, 2005. (Book) — 1 copy, 1 available

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Abbotsford Cancer Info Ctr FHA

Call Number: WS460 S48 2005
First Nations spirituality and healing for cancer
https://libraries.phsa.ca/permalink/catalog13828
Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Call Number: QZ266 F527 2005

Breast cancer journey : your personal guidebook
https://libraries.phsa.ca/permalink/catalog13304
American Cancer Society. Atlanta, Ga.: American Cancer Society , c2004. 2nd ed. (Book) — 10 copies, 10 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library, Vancouver Cancer Info Ctr, Surrey Cancer Info Ctr, Victoria Cancer Info Ctr, Abbotsford Cancer Info Ctr
Call Number: WP870 B828a 2004

Live your best life now! : the cancer survivor’s guide to creating a happy and meaningful life
https://libraries.phsa.ca/permalink/catalog16309
Santini, Kathy. Victoria, BC: Kathy Santini , 2007. (Book) — 3 copies, 3 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library, Surrey Cancer Info Ctr, Victoria Cancer Info Ctr
Call Number: QZ201 S235 2007

Review published in "Abreast in the West" vol. 9, no.3 Summer 2008
Chemo cookery club: over 150 delicious and healthy recipes for your journey to recovery
https://libraries.phsa.ca/permalink/catalog120278
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Kelowna Cancer Info Ctr
Call Number: Q2266 N9 E68 2013

Healing journey: manual for a grief support group
https://libraries.phsa.ca/permalink/catalog7873
Audience: Professional
Agency: BC Cancer Agency
Location: Victoria Library
Call Number: BF575 G761 1995

Breast cancer book of strength and courage: inspiring stories to see you through your journey
https://libraries.phsa.ca/permalink/catalog18351
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Call Number: WP870 B828b 2002

Relieve your child's chronic pain: A doctor's program for easing headaches, abdominal pain, fibromyalgia, juvenile rheumatoid arthritis, and more.
https://libraries.phsa.ca/permalink/catalog109999
Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: FM 830 KRA 2005

Describes the experiences of children who deal with chronic pain and their families. The book deals with ways to recognize and measure pain levels, learn alternative ways to deal with the pain, deal with possible drug therapies and addictions, find a pain-management clinic and reduce the stress on …
Yoga for pain relief: simple practices to calm your mind and heal your chronic pain
https://libraries.phsa.ca/permalink/catalog21583
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr
Victoria Cancer Info Ctr
Vancouver Library
Call Number: QZ266 M113 2009

Understanding your grief: ten essential touchstones for finding hope and healing your heart
https://libraries.phsa.ca/permalink/catalog13894
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Call Number: BF575 W853u 2003

“Explaining the important difference between grief and mourning, this book explores every mourner’s need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person’s grief unique and the many normal thoughts and feelings mourners might have. Questions…”