



Mind and body : Answers to your questions

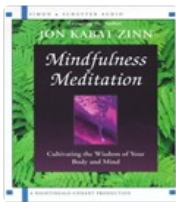
<https://libraries.phsa.ca/permalink/catalog113526>

www.cdss.ca

Canadian Down Syndrome Society. Calgary, AB: Canadian Down Syndrome Society , 2014. — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GI 310 CAN 2014

“ *Mind and Body* is a book written for self-advocates covering topics such as the male and female body, relationships, sexual safety, pregnancy, and abuse, plus much more. We wanted to make the most comprehensive sexuality resource there is for individuals with disabilities, so we collaborated with pr...

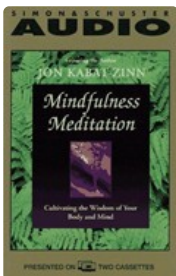


Mindfulness meditation : cultivating the wisdom of your body and mind

<https://libraries.phsa.ca/permalink/catalog9766>

Kabat-Zinn, Jon. New York, NY: Simon & Schuster , 1995. (Audio, CD) — 11 copies, [9 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Call Number: QZ266 K11a 1995 v.1-2



Mindfulness meditation : cultivating the wisdom of your body and mind (presented on two cassettes)

<https://libraries.phsa.ca/permalink/catalog9765>

Kabat-Zinn, Jon. New York, N.Y.: Simon & Schuster , 1995. (Audio, Tape, Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Call Number: QZ266 K11a 1995 PT.1-2

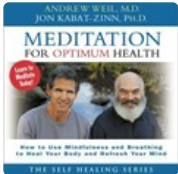


Alpha relaxation system : soothe your body, calm your mind, enhance your health

<https://libraries.phsa.ca/permalink/catalog15710>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 1999. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: QZ266 T473a 1999



Meditation for optimum health : how to use mindfulness and breathing to heal your body and refresh your mind

<https://libraries.phsa.ca/permalink/catalog16207>

Weil, Andrew, Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2001. (Audio, CD) — 4 copies, [4 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: QZ266 W422m 2001

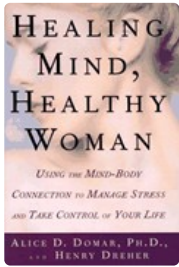


Mindfulness meditation for pain relief : guided practices for reclaiming your body and your life

<https://libraries.phsa.ca/permalink/catalog19840>

Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2010. (Audio, CD) — 8 copies, [6 available](#)

Audience: Patient or Public
Recommended
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 K12m 2010 v.1-2



Healing mind, healthy woman : using the mind-body connection to manage stress and take control of your life

<https://libraries.phsa.ca/permalink/catalog8656>

Domar, Alice D, Dreher, Henry. New York, N.Y.: Henry Holt & Company, Inc. , 1996. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library
Vancouver Cancer Info Ctr

Call Number: QZ266 D666 1996



Journey to the boundless : exploring the intimate connection between your mind, body and spirit

<https://libraries.phsa.ca/permalink/catalog13430>

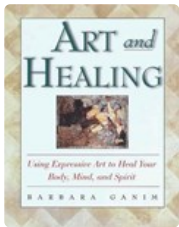
Chopra, Deepak. Niles, IL.: Nightingale-Conant Corporation , 1996. (Audio, Tape) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: WM61 C549 1996 v.1-8



Art and healing : using expressive art to heal your body, mind, and spirit

<https://libraries.phsa.ca/permalink/catalog15320>

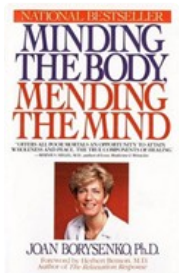
Ganim, Barbara. New York, NY: Three Rivers Press , c1999. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library
Victoria Cancer Info Ctr

Call Number: QZ266 G197a 1999



Minding the body, mending the mind

<https://libraries.phsa.ca/permalink/catalog2259>

Borysenko, Joan. Toronto, Ont.: Bantam Books, Incorporated , 1987. (Book) — 4 copies, [3 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr

Call Number: WM172 B739 1987



Self-healing with guided imagery : how to use the power of your mind to heal your body

<https://libraries.phsa.ca/permalink/catalog13374>

Weil, Andrew, Rossman, Martin L. Boulder, CO: Sounds True , 2003. (Audio, CD) — 4 copies, [3 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 W422s 2003

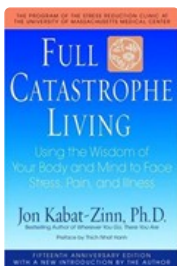


Mindfulness for insomnia : a four-week guided program to relax your body, calm your mind, and get the sleep you need

<https://libraries.phsa.ca/permalink/catalog121703>

Orzech, Catherine Polan, Moorcroft, William H. Oakland, CA: New Harbinger Publications, Inc. , 2019. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WM188 O79 2019



Full catastrophe living : using the wisdom of your body and mind to face stress, pain and illness

<https://libraries.phsa.ca/permalink/catalog6836>

Kabat-Zinn, Jon. New York, N.Y.: Delta Trade Paperbacks | Dell Publishing , 1990. (Book) — 20 copies, [17 available](#)

Audience: Patient or Public
Recommended
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: WM172 K11 1990



Full catastrophe living : using the wisdom of your body and mind to face stress, pain and illness

<https://libraries.phsa.ca/permalink/catalog113660>

Kabat-Zinn, Jon. New York, N.Y.: Bantam Books , 2013. Rev. ed. (Book) — 7 copies, [5 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library
Vancouver Cancer Info Ctr
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr

Call Number: WM172 K11 2013



Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness

<https://libraries.phsa.ca/permalink/catalog111330>

Kabat-Zinn, Jon. Mississauga, ON: Random House , 2008. (CD, Audio) — 1 copy, [1 available](#)

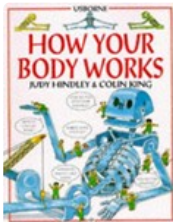
Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: EG 200 KAB 2008

“ This 5 disc audio set shows you how to use natural methods to soothe and heal your body, mind, and spirit. By using the practices described within, individuals can learn to manage chronic pain resulting from illness and/or stress-related disorders, discover the roles that anger and tension play in ...



How your body works

<https://libraries.phsa.ca/permalink/catalog104672>

Hindley, Judy, King, Colin (Illustrator). London, UK: Usborne Publishing Ltd. , 1995. Updated and revised edition. (Book) — 1 copy, 0 available

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: JUNIOR AC 05 HIN 1995

“ A colourful book answering questions about the body such as: How do fingers work? Where does food go? How many bones do we have? And what holds the skeleton together? Includes a glossary of 'Body Words'.



You and your body

<https://libraries.phsa.ca/permalink/catalog106232>

Meredith, Susan, Needham, Kate, Unwin, Mike. Tulsa, OK: EDC Publications , 1993. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR AB 20 MER 1993

“ Contents include: *What's inside you? Why do people eat? What makes you ill? Where do babies come from? Why are people different?*



Keeping your body clean

<https://libraries.phsa.ca/permalink/catalog108747>

Salzmann, Mary Elizabeth. Edina, MN: ABDO Pub. Co. , c2004. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR GK 205 SAL 2004

“ Explains in simple language the importance of keeping our bodies clean and wearing clean clothes.

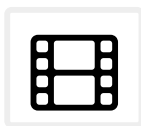


Perfect health : the complete mind, body guide

<https://libraries.phsa.ca/permalink/catalog14607>

Chopra, Deepak. New York, NY: Harmony Books , 1991. (Book) — 4 copies, [4 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: W61 C549p 1991



Body, mind, spirit connection : Halifax 2006

<https://libraries.phsa.ca/permalink/catalog17788>

Rutledge, Robert. Halifax, NS: Rob Rutledge , 2007. (Video, DVD) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Victoria Cancer Info Ctr
Call Number: QZ266 R981b 2006



Music for healing : mind, body and spirit

<https://libraries.phsa.ca/permalink/catalog21738>

Halpern, Steven. Louisville, CO: Relaxation Company , 2004. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: QZ266 H195m 2004



You, your body and sex

<https://libraries.phsa.ca/permalink/catalog120487>

Life Support Productions. London: Life Support Productions , 2010. (Video)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GA 110 LIF 2010a

“ This is a sex education DVD for people with learning disabilities. It features information for women and men, boys and girls. Individual topics are explained through a series of animated sequences.



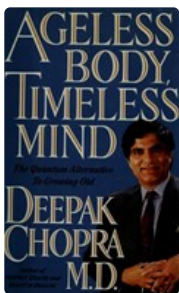
Your body and G-CSF

<https://libraries.phsa.ca/permalink/catalog102818>

Loranger, Nancy, Secola, Rita, Leffin, Doug. Orange, CA: Children's Hospital of Orange County , 1993. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH FE 200 LOR 1993

“ Written and illustrated specifically to teach adolescent children about G-CSF (Granulocyte-Colony Stimulating Factor) therapy, why it is necessary, how it works in the body, how it is given, and how he/she will be able to participate in giving their own G-CSF therapy.



Ageless body, timeless mind : the quantum alternative to growing old

<https://libraries.phsa.ca/permalink/catalog5405>

Chopra, Deepak. New York, NY: Harmony Books , 1993. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: W61 C549a 1993



Quantum healing : exploring the frontiers of mind/body medicine

<https://libraries.phsa.ca/permalink/catalog5562>

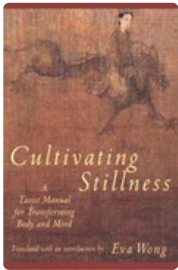
Chopra, Deepak. Toronto, ON: Bantam Books, Incorporated , 1989. (Book) — 5 copies, [5 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Abbotsford Cancer Info Ctr

Call Number: W61 C549 1989



Cultivating stillness : a Taoist manual for transforming body and mind

<https://libraries.phsa.ca/permalink/catalog13149>

Wong, Eva, Tzu, Shui-ch'ing. Boston, Ma.: Shambhala , 1992. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Surrey Cancer Info Ctr

Call Number: WM172 C968 1992



Qigong : energy workouts for body and mind : wuji long form

<https://libraries.phsa.ca/permalink/catalog15591>

Garripoli, Garri, Garripoli, Daisy Lee. Santa Monica, CA: Living Arts , 1999. (Video, VHS) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library AV Room

Call Number: QZ266 Q1 1999 v.3



Qigong : energy workouts for body and mind : wuji short form

<https://libraries.phsa.ca/permalink/catalog15592>

Garripoli, Garri, Garripoli, Daisy Lee. Santa Monica, CA: Living Arts , 1999. (Video, VHS) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library AV Room

Call Number: QZ266 Q1 1999 v.2

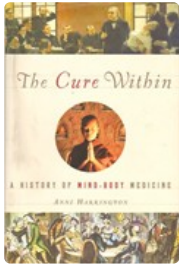


Psychobiology of mind-body healing : new concepts of therapeutic hypnosis

<https://libraries.phsa.ca/permalink/catalog2174>

Rossi, Ernest Lawrence. New York, N.Y.: W.W. Norton & Co., Inc. , 1993. rev. ed. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Victoria Library
Call Number: WM172 R831 1993



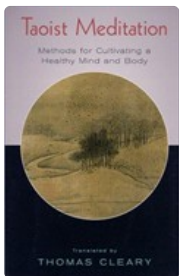
Cure within : a history of mind-body medicine

<https://libraries.phsa.ca/permalink/catalog16180>

Harrington, Anne. New York, NY: W.W. Norton & Company , 2008. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
VC PFCS
Call Number: WM11.1 H299c 2008

“ *Stories, science, and culture under the skin ; The power of suggestion ; The body that speaks ; The power of positive thinking ; Broken by modern life ; Healing ties ; Eastward journeys ; Making sense of mind-body medicine*



Taoist meditation : methods for cultivating a healthy mind and body

<https://libraries.phsa.ca/permalink/catalog19040>

Cleary, Thomas F. ;. Boston: Shambhala , 2000. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: BL1942.8 C57 2000



Circle of healing : music for body, mind and spirit

<https://libraries.phsa.ca/permalink/catalog19369>

Lafferty, Diane, Hocott, Dan. Coral Gables, FL: Gabriel Productions , 2008. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Call Number: QZ266 M629 2008



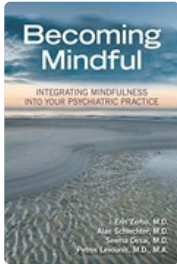
Time for healing : relaxation for mind and body

<https://libraries.phsa.ca/permalink/catalog19810>

Regan, Catherine. Boulder, CO: Bull Publishing Co. , 1994. (Audio, Tape) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: QZ266 R333 1994

“ Track 1: Progressive muscle relaxation ; Track 2: Guided imagery : a walk in the country



Becoming mindful : integrating mindfulness into your psychiatric practice

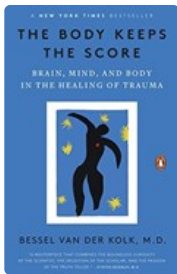
<https://libraries.phsa.ca/permalink/catalog119593>

<http://www.r2library.com/Resource/Title/1615370757>

Arlington, VA: American Psychiatric Association Publishing , 2017. (Ebook)

Audience: Professional
Agency: BC Cancer Agency
Location: Internet

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.



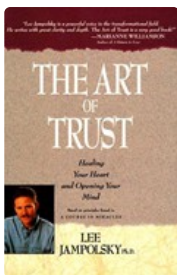
The body keeps the score: Brain, mind, and body in the healing of trauma

<https://libraries.phsa.ca/permalink/catalog120615>

Van Der Kolk, Bessel. Penguin Books , 2014. (Book) — 1 copy, 0 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 455 VAN 2014

“ Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma...



Art of trust : healing your heart and opening your mind

<https://libraries.phsa.ca/permalink/catalog11087>

Jampolsky, Lee L. Berkeley, Calif: Celestial arts , 1994. (Book) — 1 copy, 0 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Kelowna Cancer Info Ctr
Call Number: WM172 J32 1994



Love your body : positive affirmations for loving and appreciating your body

<https://libraries.phsa.ca/permalink/catalog10710>

Hay, Louise L. Santa Monica, CA: Hay House, Inc. , 1990. (Audio, Tape) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: QZ266 H412 1990



Healing garden : music therapy collection to renew mind, body and spirit

<https://libraries.phsa.ca/permalink/catalog113397>

Negra, Tierra, Hanneman, Roland. St. Laurent, QC: Madacy Entertainment Group, Inc. , 2004. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr
Call Number: QZ266 H434 2004 v.1-3

“ v.1: *Energy* ; v.2: *Positivity* ; v.3 *Sleep well*



Pregnancy brain: A mind-body approach to stress management during a high-risk pregnancy

<https://libraries.phsa.ca/permalink/catalog121328>

Deshpande, Parijat. Middletown, DE: Self publishing , 2018. (Book)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GH 100 DES 2018

“ *An empowering approach to managing stress quickly and effectively during a high-risk pregnancy ; . ; Not enough women are told how profoundly stress impacts their pregnancy, especially if they are high-risk--but the truth is that stress, if left unmanaged, becomes a serious risk factor for pregnanc...*



Reinventing medicine : beyond mind-body to a new era of healing

<https://libraries.phsa.ca/permalink/catalog8277>

Dossey, Larry. San Francisco, CA: Harper SanFrancisco , 1999. (Book) — 4 copies, [4 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Surrey Library
Victoria Library
Kelowna Library
Call Number: W61 D724r 1999

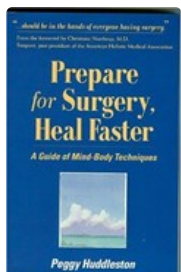


Tonics : more than 100 recipes that improve the body and the mind

<https://libraries.phsa.ca/permalink/catalog10354>

Barnett, Robert A. New York, N.Y.: HarperCollins , 1997. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ266 N9 B262t 1997



Prepare for surgery, heal faster : a guide of mind-body techniques

<https://libraries.phsa.ca/permalink/catalog11099>

Huddleston, Peggy. Cambridge, MA: Angel River Press , 1996. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ266 H884 1996

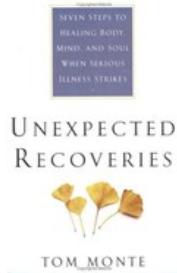


Thriving after breast cancer : essential healing exercises for body and mind

<https://libraries.phsa.ca/permalink/catalog14512>

Davis, Sherry Lebed, Gunning, Stephanie. Signal Hill, CA | New York, NY: New World Digital Publishing | Broadway Books , 2002. (Book) — 4 copies, [4 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Surrey Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: WP870 D264 2002



Unexpected recoveries : the seven steps to healing body, mind, and soul when serious illness strikes

<https://libraries.phsa.ca/permalink/catalog15406>

Monte, Tom. New York, NY: St. Martin's Griffin , c2005. 1st ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: WM172 M772 2005



Return to wholeness : embracing body, mind and spirit in the face of cancer

<https://libraries.phsa.ca/permalink/catalog1260>

Simon, David. New York, N.Y.: John Wiley & Sons , 2000. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: QZ266 S594 1999



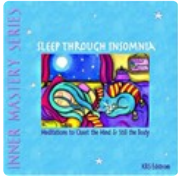
Integrative cancer care : five steps to empowering body, mind and spirit

<https://libraries.phsa.ca/permalink/catalog17691>

Rutledge, Robert, Clarke, Teresa. Vancouver, BC: BC Cancer Agency. Multi-Media Services , 2007. (Video, DVD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library AV Room
Call Number: QZ200 B366a 2007 v.1

“ Full conference information obtained from the Annual cancer conference program and abstracts. See ID# 16603 (QZ200 B366 2007)



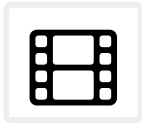
Sleep through insomnia : meditations to quiet the mind and still the body

<https://libraries.phsa.ca/permalink/catalog19922>

Edstrom, KRS. Toluca Lake, CA: Soft Stone Publishing , 2006. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Kelowna Cancer Info Ctr
Call Number: QZ266 E24s 2006

“ *Level 1: Skills to quiet the mind and still the body ; 5 minute mark for level 1 meditation ; 10 minute mark ; 14 minute mark ; Level 2: Skills to quiet the mind and still the body ; 5 minute mark for level 2 meditation ; 10 minute mark ; 13 minute mark*



Whole person approach to cancer care : empowering the mind, body and spirit

<https://libraries.phsa.ca/permalink/catalog19999>

Gunn, Hal. Vancouver, BC: BC Cancer Agency. Multi-Media Services , 2008. (Video, DVD) — 5 copies, [5 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
Call Number: QZ200 B366a 2008 v.1

“ *Full conference information obtained from the Annual cancer conference program and abstracts. See ID# 17684 (QZ200 B366 2008)*



Anxiety relief : relax the body, calm the mind, manage fear and worry, cultivate positive energy

<https://libraries.phsa.ca/permalink/catalog20572>

Rossman, Martin L. Boulder, CO: Sounds True , 2010. (Audio, CD) — 3 copies, [3 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 R837a 2010

“ *Introduction ; Using the power of imagination to relieve anxiety ; Exercise one : deep mind-body relaxation ; Exercise two : dialogue with your inner-wisdom advisor ; Exercise three : evocative imagery*



Frankly speaking about cancer : take control of side effects with medicine, mind and body

<https://libraries.phsa.ca/permalink/catalog21141>

Washington, DC: Wellness Community , 2009. 5th ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Prince George Cancer Info Ctr
Call Number: QZ266 F831 2009