



Air and fire, earth and water

<https://libraries.phsa.ca/permalink/catalog9655>

Smith, Elisabeth, Nicholson, Kathryn. Vancouver, B.C.: British Columbia Cancer Agency. Vancouver Clinic , 2001. (Audio, CD) — 25 copies, [24 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax
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 S646a 2001

“ This CD provides two guided visualization using progressive muscle ; relaxation and imagery. Acknowledging the power of strong ; emotions, the first visualization invites the listener to experience ; riding in a hot air balloon using the force of their fiery emotions to ; propel them to a place of ...



Cloak and the dove

<https://libraries.phsa.ca/permalink/catalog15060>

Smith, Elisabeth, Boyle, Michael. Vancouver, BC: Executive Production : British Columbia Cancer Agency, Vancouver Clinic , 2002. (Audio, CD) — 25 copies, [25 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax
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: QZ266 S646c 2002

“ This CD uses breath work, images and affirmations to support deep ; relaxation. The listener is asked to imagine a healing light, which is ; then woven into a cloak of empowering words and images. Breath is ; used to create a calming effect on the body. The listener is asked to ; imagine a meadow a...



Self-healing and maintenance

<https://libraries.phsa.ca/permalink/catalog16232>

Pulos, Lee. Vancouver, BC: Mountain Glade Hypnosis Development Programs Ltd. , 2007. (Audio, CD) — 1 copy, [1 available](#)

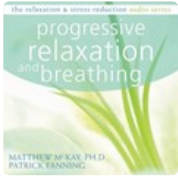
Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax

Call Number: QZ266 P982s 2007

“ Side 1: Direct induction ; Side 2: Double induction



Progressive relaxation and breathing

<https://libraries.phsa.ca/permalink/catalog18166>

McKay, Matthew, Fanning. Patrick. Oakland, CA: New Harbinger Publications , 1986. (Audio, CD) — 7 copies, [7 available](#)

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 M152p 1986

“ Hands and arms ; Head, neck and shoulders ; Chest, stomach and low back ; Legs and feet ; Deep breathing ; Complete natural breathing ; Energizing breath ; Alternative breathing



Autogenics and progressive muscle relaxation

<https://libraries.phsa.ca/permalink/catalog16279>

Vancouver Hospital & Health Sciences Centre. Occupational Therapy Department. Vancouver, BC: UBC Media Group , 2007?. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax

Call Number: QZ266 A939 2007



Lullabye : music and guided relaxation

<https://libraries.phsa.ca/permalink/catalog3496>

<https://soundcloud.com/phsabc/bc-cancer-lullabye-track-1-guided-relaxation>

<https://soundcloud.com/phsabc/bc-cancer-lullabye-track-2-relaxation-music>

Nitkin, Patricia, Smith, Elisabeth. Surrey, B.C.: BC Cancer Agency. Fraser Valley Cancer Centre , 1999. (CD, Audio, Online) — 36 copies, [36 available](#)

Audience: Patient or Public
Recommended

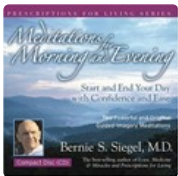
Agency: BC Cancer Agency

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

Call Number: QZ266 N729l 1999

URL Notes: This CD is available for streaming from SoundCloud.com

“ This CD offers relaxation through guided imagery. Just as the ; hummingbird knows how to draw nurture from the flowers, so the ; listener is encouraged to draw upon images in nature that are ; peaceful and calming. To variations of the tune of the well-loved ; song "All through the night", we are r...



Meditations for morning and evening : start and end your day with confidence and ease

<https://libraries.phsa.ca/permalink/catalog20547>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 2004. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax

Call Number: QZ266 S574me 2004

“ Morning meditation ; Evening meditation



Heart of the rose and sleep tape

<https://libraries.phsa.ca/permalink/catalog9654>

Smith, Elisabeth. Vancouver, B.C.: British Columbia Cancer Agency. Vancouver Clinic , 2001. (Audio, CD) — 26 copies, [24 available](#)

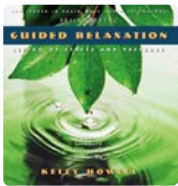
Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library Relax
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: QZ266 S646h 2001

“ This CD offers progressive relaxation through guided imagery with ; the aid of two musical pieces called "Satie" and "Gratitude". ; Soothing music underlies the sound of gentle ocean surf as the ; listener experiences waves of relaxation wash over the body. The ; listener is reminded that one's bod...



Guided relaxation : relieve stress and tension

<https://libraries.phsa.ca/permalink/catalog19819>

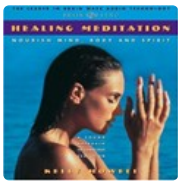
Howell, Kelly, Schwimmer, Robert. Ashland, OR: Brain Sync Corporation , 2006. (Audio, CD) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax
Kelowna Cancer Info Ctr

Call Number: QZ266 H859g 2006



Healing meditation : accelerate healing and recovery

<https://libraries.phsa.ca/permalink/catalog19820>

Howell, Kelly, Schwimmer, Robert. Santa Fe, NM: Brain Sync Corporation , 1994. (Audio, CD) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax
Vancouver Cancer Info Ctr

Call Number: QZ266 H859h 1994



Nature of healing and the healing program

<https://libraries.phsa.ca/permalink/catalog21214>

<http://www.healingandcancer.org/healing-program>

Rutledge, Rob, Walker, Timothy. Halifax, NS: Healing and Cancer Foundation , 2013. (Video, DVD) — 6 copies, [6 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
Prince George Cancer Info Ctr
Call Number: QZ266 H434n 2013 v.1-9
URL Notes: Expanded version of the booklet

“ This 9-DVD educational set is meant to be a resource for women and family members affected by breast cancer. The first DVD of the set contains a 45 minute documentary called "The Nature of Healing" which was filmed at a "Skills for Healing" weekend retreat in Nova Scotia in 2012. Also on this di...



Kalamalka colors : relaxation and mental imagery

<https://libraries.phsa.ca/permalink/catalog3123>

Lavell, Shannon. Lumby, B.C.: Closet Mystics Unlimited , 1999. (Audio, CD) — 5 copies, [5 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Victoria Cancer Info Ctr
Surrey Cancer Info Ctr
Call Number: QZ266 K14 1999



Coping skills for caregivers : words and music that support and heal

<https://libraries.phsa.ca/permalink/catalog13234>

Singer, Madeleine, Halpern, Steven. San Anselmo, CA.: Inner Peace Music , 2002. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Call Number: QZ266 S617 2002



Puppy dog heart : songs and lullabies for kids and other dreamers

<https://libraries.phsa.ca/permalink/catalog15066>

Veal, Marshall. Vancouver, BC: Saudara Music , 2004. (Audio, CD) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Kelowna Cancer Info Ctr
Call Number: QZ266 V394 2004

“ The CD is arranged in two parts. The first 6 songs are for gentle fun, relaxation and playtime. Songs 7-12 are for more quiet relaxation, bedtime, or dreaming



Graceful passages : a companion for living and dying

<https://libraries.phsa.ca/permalink/catalog11024>

Stillwater, Michael, Malkin, Gary Remal. Novato, CA: Companion Arts , 2000. (Book, CD) — 5 copies, [5 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Vancouver Library Relax
Call Number: BF789 G729 2000

“ Two CD's encase in small book (56 p.) ; Disc 1: Messages ; Disc 2: Music



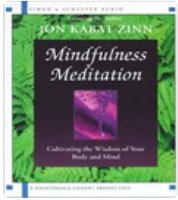
Mousaka and Ripple : a relaxation CD for children

<https://libraries.phsa.ca/permalink/catalog14249>

Smith, Elisabeth, Nicholson, Kathryn. Vancouver, B.C.: BC Cancer Agency. Vancouver Clinic , 2005. (Audio, CD) — 19 copies, [19 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Vancouver Cancer Info Ctr
Call Number: QZ266 S646m 2005

“ This CD is intended for children from ages 2 to 10 years, who are going ; through a difficult adjustment or who just need to be reminded of ; how special and loved they are. There are two stories on this CD. ; The first is a story of an engaging little grey mouse named ; Mousaka and the second is a...



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



Getting ready : meditations for surgery, chemo and radiation

<https://libraries.phsa.ca/permalink/catalog2058>

Siegel, Bernie S. New Haven, Ct.: ECaP , 1989. (Audio, Tape) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Surrey Cancer Info Ctr
Kelowna Cancer Info Ctr
Call Number: QZ266 S573 1989



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



Managing the distress of cancer and its treatment

<https://libraries.phsa.ca/permalink/catalog19918>

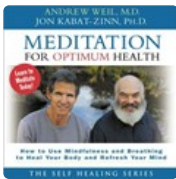
Daitch, Carolyn, Schaver, Hava. Farmington Hills, MI: Damill International Corporation , 1999. (Audio, CD) — 7 copies, [7 available](#)

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
Prince George Cancer Info Ctr

Call Number: QZ266 D134 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>

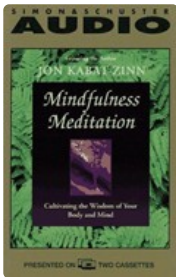
Weil, Andrew, Kabat-Zinn, Jon. Boulder, CO: Sounds True , 2001. (Audio, CD) — 4 copies, [4 available](#)

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

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

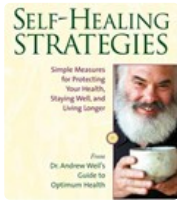
Kabat-Zinn, Jon. New York, N.Y.: Simon & Schuster , 1995. (Audio, Tape, Book) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax

Call Number: QZ266 K11a 1995 PT.1-2



Self-healing strategies : simple measures for protecting your health, staying well and living longer

<https://libraries.phsa.ca/permalink/catalog10330>

Weil, Andrew. Boulder, Co.: Sounds True , 2002. (CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Call Number: WM172 W422s 2002



Preparing for surgery : guided imagery exercises for relaxation and accelerated healing

<https://libraries.phsa.ca/permalink/catalog11096>

Rossman, Martin L. Boulder, CO: Sounds True , 2004. (Audio, CD) — 5 copies, [5 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
Abbotsford Cancer Info Ctr
Call Number: QZ266 R837p 2004

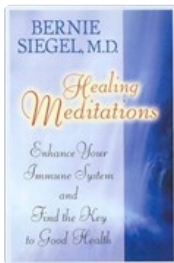


Coming to our senses : healing ourselves and the world through mindfulness

<https://libraries.phsa.ca/permalink/catalog15178>

Kabat-Zinn, Jon. New York, NY: Hyperion Audiobooks , 2005. (Audio, Book, CD) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Call Number: QZ266 K11c 2005 v.1-3



Healing meditations : enhance your immune system and find the key to good health

<https://libraries.phsa.ca/permalink/catalog14904>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 2000. (CD, Audio) — 5 copies, [4 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
Call Number: QZ266 S573he 2000 v.1-2



Letting go of stress : four effective techniques for relaxation and stress reduction

<https://libraries.phsa.ca/permalink/catalog14973>

Miller, Emmett E, Halpern, Steven. San Anselmo, CA: Steven Halpern's Inner Peace Music , 2002. (Audio, CD) — 8 copies, [7 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Surrey Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Call Number: QZ266 M628 2002



Remembered wellness : the power of guided imagery for relaxation and healing

<https://libraries.phsa.ca/permalink/catalog16294>

Clarke, Teresa. Langley, BC: Teresa Clarke , 2004. (Audio, CD) — 3 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Victoria Cancer Info Ctr
Call Number: QZ266 C597r 2004



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



James Bailey : agent nine and a half : licenced to love : audio comedy CD

<https://libraries.phsa.ca/permalink/catalog18742>

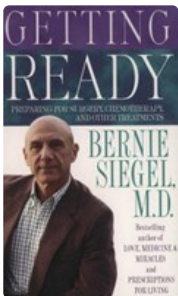
Reilly, Michael B. Burnaby, BC: Canamera Entertainment Group Ltd. , 2008?. (Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library Relax

Call Number: QZ266 R362j 2008



Getting ready : preparing for surgery, radiation, and chemotherapy with minimal side effects

<https://libraries.phsa.ca/permalink/catalog19818>

Siegel, Bernie S. Carlsbad, CA: Hay House, Inc. , 2004. (Audio, CD) — 3 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 S574g 2004



Meditation for peaceful dying : for end-of-life patients, their family and friends

<https://libraries.phsa.ca/permalink/catalog19843>

Naparstek, Belleruth. Akron, OH: Health Journeys , 2001. (Audio, CD) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library Relax
Victoria Cancer Info Ctr
Call Number: QZ266 N1952 2001



Meditation to help you with fatigue : guided imagery to help relieve tiredness from chemotherapy and radiation therapy

<https://libraries.phsa.ca/permalink/catalog19917>

Naparstek, Belleruth. Akron, OH: Health Journeys , 1998. (Audio, CD) — 9 copies, [9 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
Prince George Cancer Info Ctr
Call Number: QZ266 N196m 1998

“ Introduction ; Guided imagery ; Music