Mindfulness Resources for Cancer Support and Wellness

Nancy Lasseter, Ed.S., LMHC,
UF Health Integrative Therapies

Books:

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life, Linda Carlson, PhD.

Being Well (Even When You're Sick): Mindfulness Practices for People with Cancer and Other Serious Illnesses, Elana Rosenbaum

Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn, Ph.D.

Mindfulness: A Kindly Approach to Being with Cancer, Trish Bartley

Guided Meditations and Talks:

Health Journeys CD by Emmitt Miller on Optimizing Chemotherapy
https://www.healthjourneys.com/optimizing-chemotherapy-5

Guided Meditation to Help You Fight Cancer- Imagery and Affirmations to Help the Body Mobilize a Strong Immune Response by Bellaruth Naparastek
https://www.healthjourneys.com/a-meditation-to-help-you-fight-cancer

Audio interview with cancer survivor Dr. Pat Rockman
https://www.mindful.org/how-to-show-up-when-you-have-cancer/
UF Health Arts In Medicine Integrative Therapies Weekly Classes:

Where: Online (until further notice) Fee: None

*Cultivating Ease of Mind: Meditation for Beginners* with Nancy Lasseter

Mondays 4:30 – 5:00 pm [https://us02web.zoom.us/j/439594600](https://us02web.zoom.us/j/439594600)

*Midday Stretch & Renew: Qigong for Well-Being* with Nancy Lasseter

Tuesdays 11:30 – 12 noon [https://us02web.zoom.us/j/311318373](https://us02web.zoom.us/j/311318373)

*Gentle Yoga for Health* with Tammy Bernard

Wednesday 4:15- 5:15 pm To join, email Tammy Bernard at bertam@shands.ufl.edu

Mindfulness/Cancer Research Studies:

