

# Contents

**Acknowledgments ix**

**PART ONE: The Mind and Cancer 1**

- 1 The Mind-Body Connection: A Psychological Approach to Cancer Treatment 3**
  - The Starting Point: "The Will to Live" 3
  - The First Patient: A Dramatic Example 6
  - A Whole-Person Approach to Cancer Treatment 9
  - The Results of This Approach 10
  - Theory into Practice 12
  
- 2 The Mysteries of Healing: The Individual and His Beliefs 14**
  - The Importance of the Individual 15
  - A Mysterious Recovery 16
  - "Spontaneous" Remission and the Placebo Effect 20
  - Psychosomatic Health 26
  - Biofeedback and the Ability to Influence Health 27
  - A System Concept of Health 29
  
- 3 The Search for the Causes of Cancer 31**
  - What Is Cancer? 31
  - What Causes Cancer? 32
  - The Immune System: Our Natural Defense Against Illness 38
  
- 4 The Link Between Stress and Illness 43**
  - Measuring Stress and Predicting Illness 43

	How Stress Increases Susceptibility to Illness	47
	A Summary of the Findings: We Return Again to the Individual	51
<b>5</b>	<b>Personality, Stress, and Cancer</b>	<b>52</b>
	A Historical Look at the Connection Between Cancer and Emotions	52
	The Psychological Evidence	57
	Examples from Our Patients' Lives	62
	The Psychological Process of Illness	67
	Getting Well Again	71
<b>6</b>	<b>Expectations about Cancer and Their Effects on Recovery</b>	<b>74</b>
	Self-Fulfilling Prophecy	75
	Negative Social Beliefs about Cancer—and Their Effects	78
	Building a Positive System of Beliefs	80
<b>7</b>	<b>A Whole-Person Model of Cancer Recovery</b>	<b>85</b>
	A Mind/Body Model of Cancer Development	85
	Reversing the Cycle: A Mind/Body Model of Recovery	89
	<b>PART TWO: Pathways to Health</b>	<b>93</b>
<b>8</b>	<b>The Program: Putting It to Work</b>	<b>94</b>
	An Overview of Pathways to Health	95
	Putting the Program to Work	100
<b>9</b>	<b>Participating in Your Health</b>	<b>104</b>
	John Browning: A Case History	105
	Bob Gilley: A Case History	108
	How You Interpret the Meaning of Events	110
	Identifying Your Participation in Illness	111
	Accepting the Responsibility for Your Health	114
<b>10</b>	<b>"Benefits" of Illness</b>	<b>117</b>
	Solving Problems Through Illness	118
	The Legitimacy of Emotional Needs	121
	Identifying the "Benefits" of Illness	121

- 11 Learning to Relax and Visualize Recovery 125**  
The Relaxation Technique 127  
Relaxation and Mental Imagery 129  
The Mental Imagery Process 131  
Mental Imagery for Other Illnesses 135  
The Value of Relaxation and Mental Imagery 137  
Overcoming Potential Problems with the Mental  
Imagery Process 138
- 12 The Value of Positive Mental Images 140**  
The Criteria for Effective Imagery 143  
Overcoming Problems in Your Mental  
Imagery 146  
Drawings and Interpretations of our Patients'  
Mental Imagery 149  
Imagery as a Description of Self 161
- 13 Overcoming Resentment 164**  
Mental Imagery for Overcoming Resentment 166  
Our Patients' Experiences with the Resentment  
Imagery Process 168  
Gaining Insight into Your Resentment 171
- 14 Creating the Future: Setting Goals 173**  
The Benefits of Setting Goals 174  
Determining Your Goals: General Guidelines 176  
Some Specific Suggestions for Goal Setting 177  
Setting Your Goals and Developing Specific Action  
Steps to Meet Them 180  
Reinforcing Your Goals Through Mental  
Imagery 181
- 15 Finding Your Inner Guide to Health 185**  
Tapping Your Inner Resources: Examples from our  
Patients' Lives 187  
Journal Entries 192  
Another Approach to the Inner Guide 193  
The Inner Guide Mental Imagery Process 195
- 16 Managing Pain**  
The Emotional Components of Pain 199

- The "Rewards" of Pain: Learning Not to Use Pain  
as a Justification 200
- Approaches to Managing Pain 201
- Mental Imagery for Coping with Pain 202
- Substituting Pleasure for Pain 205
- 17 Exercise 208**
- Our Exercise Prescription: One Hour, Three Times  
Weekly 211
- 18 Coping with the Fears of Recurrence and  
Death 216**
- Recurrence: The Body's Feedback 217
- Death: A Redecision 219
- Our Patients' Experiences 221
- Gaining a Perspective on Life and Death 225
- Implications of the Death-and-Rebirth  
Fantasy 227
- 19 The Family Support System 229**
- Accepting the Patient's Feelings—and Your  
Own 229
- Establishing Open, Effective, Supportive  
Communication 231
- Supporting the Patient's Responsibility and  
Participation 238
- Rewarding Health, No Illness 243
- Meeting the Demands of Long-Term Illness 246
- Learning and Growing 247