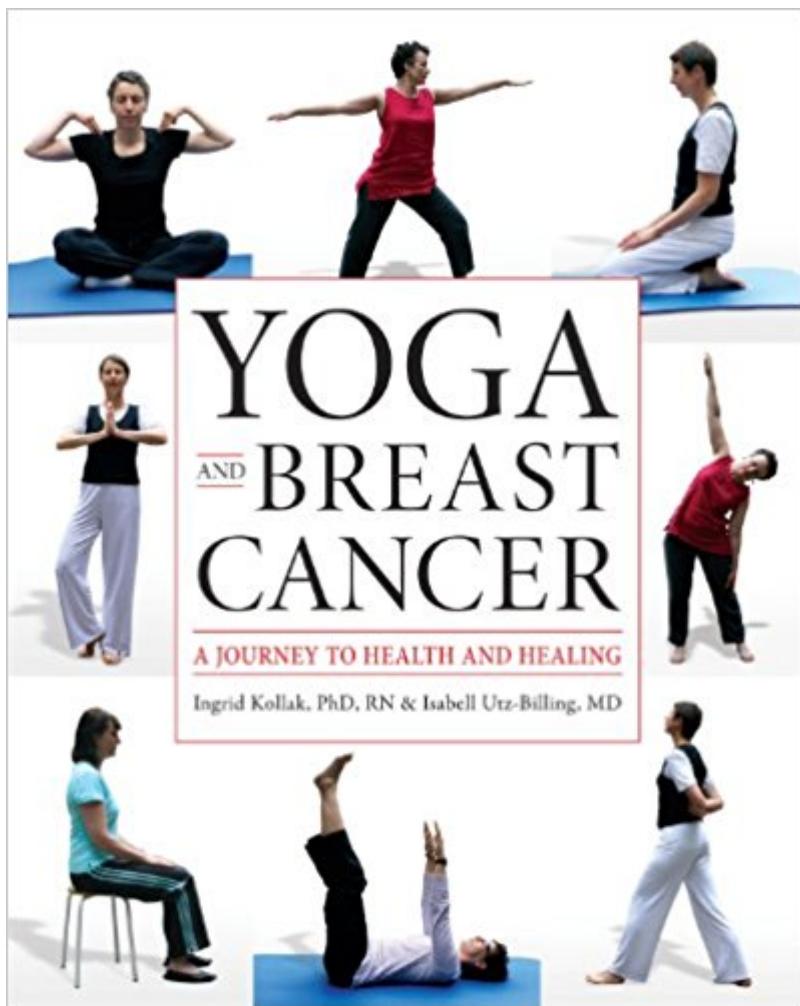


The book was found

# **Yoga And Breast Cancer: A Journey To Health And Healing**



## **Synopsis**

Yoga and Breast Cancer is a practical how to guide to using yoga to manage stress, relieve pain, and gain the strength necessary to make it through this illness. It follows the authors' own research in the subject that has shown a proven correlation between yoga practice and better health and outcomes after a breast cancer diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina, and flexibility both during and following cancer treatments. It is intended to support women during the critical phases of their disease as well as during times of secondary prevention and rehabilitation. It shows how yoga ameliorates difficulties after breast cancer therapy, improves a woman's awareness of her body, thoughts and feelings, and guides towards leading a healthier life."

## **Book Information**

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## **Customer Reviews**

"Nurse and author Kollak (Yoga for Nurses) and physician Utz-Billing have studied yoga practice specifically with breast cancer patients and consider yoga a significant addition to a recovery protocol. They outline the dynamics of yoga and how the poses-asanas-can be customized for every woman, no matter her physical limitations or length of time postsurgery. The photos clearly illustrate the postures; 'Quick Look' boxes summarize the moves for each chapter. For all patient health collections."-Library Journal "A good practice text and a worthy adjunct for Yoga teachers to accompany their class instruction for students in active breast cancer treatment."-Yoga Therapy Today "Like a barely perceptibly rising inclined plane, the book very gently lifts the breast cancer

and post-breast cancer patient toward a realistic sense of well-being and inevitable joy with the improved health that accompanies it... [the] elegant pictures, simple contraindications, and thoughtful directions bear witness to the unassuming confidence and serenity with which the book was written, and that may be quite contagious."- Loren M. Fishman, MD, author of *Yoga and Multiple Sclerosis: A Journey to Health and Healing* "Yoga and Breast Cancer is a wonderful healing resource for breast cancer survivors. Â The core of this book is a series of yoga poses, breathing exercises and meditations specifically sequenced and designed to help heal and nurture women's bodies post surgery. Based on the authors' medical study, these yogic techniques are proven to increase flexibility and strength, reduce anxiety and pain, and to improve one's overall mental well-being. The writing is friendly, practical and is full of informed advice and gentle encouragement. Â This well thought out yoga program will be a huge gift to anyone recovering from breast cancer."-Timothy Burgin, *YogaBasics.com* "... information that is easy to read and understand. The authors encourage patients to become active immediately after surgery, stress consciousness of body changes upon movement, and therefore provide a means to cope with body stresses and support healing.... This book will benefit breast cancer patients of all ages."-Cindy Howell MS RN CNOR CMLSO, MD Anderson Cancer Center, Houston Texas "This is a valuable resource for patients who are looking for help in gaining strength physically and mentally."-Doody's Reviews (Loren Fishman, MD 20100812) --Library Journal

Ingrid Kollak holds a doctorate in literature and is a registered nurse. Currently she is Professor, Alice-Salomon University of Applied Sciences (ASFH), in Berlin, and since 1995, has acted as chair Division of Health and Nursing Management there, with previous teaching in the Bachelors and Master programs. She is well noted in the US for her work in the conceptual bases for nursing theories and in the EU for her work on intercultural perspectives at play in health care. She is editor of three books in the field of nursing, and is the author of Springer Publishing's title *Yoga for Nurses*. Dr. Kollak authors a monthly yoga column in the German journal *Health Professions*. Isabell Utz-Billing is a medical doctor in the department of gynecology and obstetrics of the German Red Cross Hospital Westend in Berlin. During her residency she specialized in diagnosis and therapy of breast cancer patients. Her interest lies on the topics of psychosocial support of patients with breast cancer. Both co-authors cooperated in the randomized clinical study *The Effects of Yoga on Patients with Mammacancer* (2008-2009) funded by the German Statutory Health Insurance (AOK).

Their hearts may have been in it but it was clear the authors knew little about yoga. I didn't see

E-RYT or RYT credentials or a specific yoga system of study. It is important that breast cancer patients ask for the teachers credentials...right! Models were in poor alignments, look unhealthy and unhappy. Poses for the most part were nonspecific to breast cancer patients. Where are the chest openers, backbends, twists and a large variety of resting poses? Lymphedema condition considerations, Trams flap and DIEP Flap procedures could have been covered .....BIG. Where are all the breathing techniques? Fatigue. Depression. Again, a lost opportunity to share with breast cancer patients...BIG. The study they quoted or participated in is not qualified nor large enough to speak with certainty. However, there are large breast cancer and yoga studies that do substantiate the healing of breast cancer through yoga. Check out [MD Anderson Cancer Research]. Dr. Lorenzo Cohen was just awarded the largest grant ever to continue these studies (\$4.5 million).

This book has many poses and how to modify them to where your body is comfortable. Best book I found to help continue my yoga practice through all the surgeries.

Good information

This review is also written in response to the 1 star review:I bought this book a few months ago. These teachers are German doctors and their program was conducted in Berlin, Germany. In Europe they don't have the Yoga Alliance, which is just a US certification. I'm a Yoga teacher from Spain living in the States for many years with an authentic Yoga Master training (RYT 1000 hours) with my teacher Swami Bramahvidyananda Saraswati, see [...] which does not work with the Yoga Alliance but with the International Yoga Federation, which is the most recognized Yoga Institution worldwide. Maybe these two doctors forgot to mentioned where they got certified, probably in the Sivananda method which is the most widespread in Germany, but it doesn't mean that they're are not. I lived in Germany five years and I can tell you that everything there is highly regulated and they also have a profound holistic approach to Yoga. The study is quite daring given the fact that most of the patients started therapy a few days right after surgery, something unthinkable in the States where at least a waiting period of 6 weeks is recommended, mostly due I suspect the risk of getting sued and liability,etc. I think the book is straightforward and not designed with marketing purposes in mind and yes! as a cancer patient you often do look unhealthy and scared before and after surgery until you manage to recover. Again, please bear in mind the cultural differences between the States and Europe. I would recommend this book to anyone as an additional reading on this subject.Om Shanti.

I am a yoga teacher and breast cancer survivor, and I am reading and using : YOGA AND BREAST CANCER, A JOURNEY TO HEALTH AND HEALING.I am teaching a very special group of women with breast and ovarian cancer and using this book is a good reference for me to have. I really am using it to assist me in my teaching.

This is a very useful book! Yes, I found some things I thought were not explained well, but it seemed maybe a matter of English not being the author's native language (?). But overall I definitely recommend this book.

Wonderful resource when I got a job to teach to cancer patients. This type of training is not offered in a traditional yoga teacher training course, so it was invaluable information for me to teach effectively.

A gift to my daughter. She likes it.

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