

NEWS RELEASE

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FOR IMMEDIATE RELEASE

New Book Promotes Living Well With Cancer Through Mindfulness

Hardwick, MA — While there have been many books written on meditation and perhaps even more on cancer, until now, there have been no books that apply the principles of mindfulness to living with this disease. **HERE FOR NOW: Living Well with Cancer through Mindfulness by Elana Rosenbaum** is now available from Satya House Publications and mindfuliving.com. This book will be a welcome addition to the current body of work available to patients and healthcare practitioners alike.

Elana has become a spokesperson for the use of mindfulness techniques in the treatment of cancer. In addition to treating patients in her psychotherapy practice, she is the founder of mindfuliving.com and co-founder of Retreats to Renew for cancer survivors and health professionals; teaches meditation classes at the Dana Farber Cancer Institute at Harvard Medical School; is on the faculty of The Center For Mindfulness (founded by Jon Kabat-Zinn) in Worcester, MA where she trained health care professionals and worked with patients for over 20 years; and she gives talks and workshops around the country.

Elana's career and life experience combine to make her a unique and powerful voice on living with cancer, one which cancer patients, survivors, family members and health professionals will turn to again and again when they are most in need of centering and peace. Elana's moving life story of living with and surviving cancer, and the meditation and visualization exercises she's created for patients are both practical and inspirational — and will be an invaluable resource to millions of cancer patients.

Follow Elana's journey as she experiences the shock of cancer diagnosis, the vulnerability of being a patient, the gratitude of survival and recovery, as well as the ability to live with uncertainty and help others live wholly and fully. **HERE FOR NOW** offers the gift of mindfulness, both in narrative, and through guided exercises and meditations to empower the reader to transform suffering into compassion and joy.

Jon Kabat-Zinn in his introduction says, "You have here the priceless opportunity to explore the power of mindfulness in the service of coming to terms with things as they actually are — a good way to think of healing — and above all, you have the priceless opportunity to come to know yourself, intimately, in ways that may make all the difference. As the poet, Kabir, put it, "Fantastic! Don't let a chance like this go by!"

For more information about **HERE FOR NOW** and Elana Rosenbaum, visit www.mindfuliving.com.

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