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Lifting Your Spirits

book with 2CDs £12.95

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Lifting Your Spirits

Second Edition 2009



Seven Tools for Coping with Illness

A practical guide with two CDs

'An essential companion for anyone struggling with serious illness.'

Dr Craig Brown, GP, Sussex

'Help yourselves, your patients and families find some wonderful new coping skills.'

Terry Magee, Help the Hospices

Published by The Janki Foundation for Spirituality in Healthcare

Lifting Your Spirits is an exceptionally compassionate piece of work, humble and gentle in tone, clearly expressed, and with a depth and consistency to the content, as well as visual beauty, that make it a healing read in itself.

Neville Hodgkinson, Medical Journalist



Lifting Your Spirits is a unique guide designed to help people coping with illness or disability. Drawing on the insights of those who have experienced the challenges of serious illness, it introduces seven simple tools to develop inner strength and enhance well-being on all levels. Each tool offers practical and inspiring ways of dealing with the physical and emotional upheaval and uncertainty which illness presents. Some focus on preparing for surgery and treatment, others on coping with pain, anxiety or depression. The guide can be used by individuals for their own sustenance, or introduced into patient support groups, treatment and therapy centres, hospices, day centres and other healthcare services. The beautifully illustrated booklet and two audio CDs provide guided relaxation and meditation, short daily practices and positive thoughts which will literally 'lift your spirits'.



Author: Jan Alcoe

Jan Alcoe is a registered hypnotherapist, writer and trainer in holistic healthcare and well-being, and publishing adviser to The Janki Foundation for Spirituality in Healthcare. During treatment for cancer, she used the seven tools for her own sustenance and self-healing. She was inspired to write **Lifting Your Spirits** because of the benefits she experienced and the lack of any guide of this kind for people who have been diagnosed with serious illness. She draws on the insights of friends who shared their own stories of coping with illness, and of healthcare colleagues and practitioners who supported her on her journey.

Lifting Your Spirits is endorsed by the following organisations:

- [British Holistic Medical Association](http://www.bhma.org) (www.bhma.org)
- [Help the Hospices](http://www.helpthehospices.org.uk) (www.helpthehospices.org.uk)
- [New Approaches to Cancer](http://www.anac.org.uk) (www.anac.org.uk)
- [ReMEmer \(The Chronic Fatigue Society\)](http://www.remembercfs.org.uk) (www.remembercfs.org.uk)
- [The Haven](http://www.thehavencentre.com) (www.thehavencentre.com)

Lifting your Spirits: Contents

Booklet (52 pages)

Two audio CDs with 19 tracks of guided relaxation, stories, poetry and song (136 mins)

Who is it for?

People who are:

- diagnosed with a serious physical illness
- coping with pain or disability
- undergoing difficult treatments
- receiving palliative care
- recovering from accident/trauma
- experiencing or recovering from anxiety or depression

The materials can also benefit carers and healthcare practitioners by introducing tools for their self-care and support.

Price: £12.95

Discounts will be available on request for bulk orders or re-sale.

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Topics

- Illness and change
- Illness and opportunity
- How to use this guide
- Tool 1. Meditation: discovering the power of peace
- Tool 2. Visualisation: picturing good health
- Tool 3. Appreciation: giving thanks
- Tool 4. Creativity: learning to express ourselves
- Tool 5. Listening: deepening our connection with others
- Tool 6. Play: enjoying the benefits of fun and laughter
- Tool 7. Reflection: making time to meet ourselves
- Going forwards

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