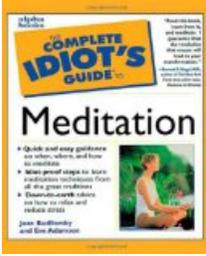


The Complete Idiot's Guide to Meditation

	<p>Authors: Joan Budilovsky and Eve Adamson Publisher: Alpha Books ISBN: 0-02-862907-8</p> <p>OncoLink Rating:</p> <p style="text-align: center;">☆☆</p> <p style="text-align: center;"></p>
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Meditation is a technique to achieve relaxation, spiritual growth and maintain mental wellness. Although this book was not specifically written for the cancer patient, it may help those patients who are searching for a way to gain control over their lives after a diagnosis of cancer. The authors state, "meditation can teach you to live in the now, to know yourself -- body, mind, and soul -- better, and to find the life you need. It can dissolve the stress and the insecurities that hold you back, clearing the path for a journey in which each step is the destination." Meditation may be utilized to complement standard medical treatments, but not as a substitute to conventional therapies.

In the spirit of other "*Complete Idiot's Guides*," this book is a well-written, comprehensive beginners guide. The authors successfully address the subject of meditation for those looking to learn the art and are without previous experience. Joan Budilovsky is nationally certified in therapeutic massage and bodywork and has produced a number of meditation, yoga, and massage tapes. Eve Adamson is a freelance writer who specializes in holistic health subjects. The two have also teamed up to write *The Complete Idiot's Guide to Massage* and *The Complete Idiot's Guide to Yoga*.

The Complete Idiot's Guide to Meditation was written to introduce readers to the art of meditation. The book is easy to use, contains step by step instructions, and effectively teaches the reader to meditate. The book is divided into seven sections that progressively lead the reader through the meditation experience. The authors use information boxes throughout the book that give important tips and highlight important points. The book also contains a glossary of important terms and a suggested reading list for those readers interested in other spiritual experiences.

The Complete Idiot's Guide to Meditation is highly recommended for cancer patients who are considering the meditation experience. It can clearly help readers learn relaxation techniques and gain an "inner peace" that many are searching to attain.

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