

Ayurveda Life Health And Longevity Robert E Svoboda

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Balance Your Hormones, Balance Your Life - Claudia Welch
2011-03-22

Combines both eastern and western wellness strategies for balancing key hormones in one's body, with the ultimate goal of good health, in a book that also includes diet tips, stress-management techniques and natural sleep secrets. Original. 15,000 first printing.

The Four Qualities of Effective Physicians - Claudia Welch
2015-09-10

Does the art of medicine matter? Does it really help us become better doctors and improve results? Dr. Claudia Welch explores how the effectiveness of a physician extends far beyond the ability to prescribe correct treatments, and how mastering the art of doctoring can make the medicine more effective. Drawing on Eastern medical traditions and experience as well as on Western science, Dr. Welch examines how we know what we know, the mechanics of doctor-patient emotional contagion, and the degree to which a patient's sensory experience in a medical office affects their experience of treatments delivered. Dr. Welch also offers practical steps that doctors can take to cultivate more refined perceptive abilities and improve results. Dr. Welch's book will be essential reading for all health care practitioners interested in understanding the art of their practice and how it can enhance

therapeutic outcomes, including doctors of Ayurveda, Chinese medicine, Naturopathy, as well as western medical professionals and other complementary health practitioners.

The One Earth Herbal Sourcebook - Alan Keith Tillotson 2001

Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

The Ayurveda Encyclopedia - Swami Sada Shiva Tirtha 2007

Aghora II - Robert Svoboda 1994

Aghora, described in this volume as super-tantra , is a Path of Devotion to the Great Mother Goddess Kundalini, here manifesting with the Name and Image of the Goddess Tara. This way is one of extraordinary extremes and intensities, even for tantra, and its aim is nothing less than to destroy the human limitations of the practitioner, so that he or she becomes a super-human in fact, a kind of deity.

Marma Points of Ayurveda - Vasant Lad 2015-02-16

"Presents healing energetics of Ayurvedic marma points and compares them with Chinese system of acupuncture. Based on traditional medicine system from India, provides commentaries of diagnostic and therapeutic scope for each marma point including techniques for massage,

detoxification, acupuncture, aromatherapy, yoga and meditation"
Ayurveda for Women - Robert Svoboda 1999

The Integral Yoga - Sri Aurobindo 1993

Between 1927 and 1950, Sri Aurobindo--one of the foremost Indian philosophers of the 20th century--perfected a new kind of spiritual practice he called the "Integral Yoga." This volume brings together a comprehensive selection of Sri Aurobindo's letters pertaining to the practice of this discipline.

Light on Relationships - Hart Defouw 2000-10-01

The sages of ancient India developed the astrological practice of Jyotisha as a karma-measuring apparatus to indicate where your karmas will permit ideals to be shared between you and those with whom you relate. Jyotisha can help restructure relationship dynamics by providing perspectives on when and how your relationships and their difficulties are likely to arise and dissipate. Light on Relationships is currently the only book that makes relationship analysis accessible to the modern student of Indian astrology. If you want to learn how to use this system for chart comparison, this book gives you the complete details. The authors cover the techniques of synastry and explore all the facets of what makes a relationship work--or not--including personal karma and goals, family influences, the Ayurvedic constitution or dosha of each individual, and how these elements are revealed. In an entertaining and informative way, the authors explain how the individual chart will reveal your inborn ability to relate. They explain the traditional ten Porutthams, which evaluate a couple's sukha (external and internal happiness), and explore superstitious concepts, such as Vishna Kanya (literally, "poison maiden"), or Kuja Dosha ("The Blemish of Mars"). Included are details on determining the most auspicious times for a wedding. This approach to synastry has been developed over years of experimentation. The authors blend the principles of synastry with other techniques culled from Jyotisha's classical canon. Some of the less conventional techniques presented come from ancient oral traditions never before incorporated into the classical works. Other methods come from the authors' mentors;

and some have been developed from processes validated over many years of their experience. The authors build on some of the best principles of the astrological traditions of both West and East, hoping to bring the two camps closer together.

Healing Your Life - Dr. Marc Halpern 2018-05-22

Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that anyone can use to support their own healing journey... the lessons of Ayurveda

The Book of Ayurveda - Judith H. Morrison 1995

The Hidden Secret of Ayurveda - Robert E. Svoboda 1996

An excellent introduction and overview of the profound, ancient Indian healing system known as Ayurveda.

Ayurvedic Astrology - David Frawley 2007

The Brain Health Book: Using the Power of Neuroscience to Improve Your Life - John Randolph 2019-12-10

Easy-to-understand science-based strategies to maximize your brain's potential. Concerns about memory and other thinking skills are common, particularly in middle age and beyond. Due to worries about declining brain health, some seek out dubious products or supplements purportedly designed to improve memory and other cognitive abilities. Fortunately, scientific research has uncovered a clear-cut set of evidence-based activities and lifestyle choices that are inexpensive or free and known to promote brain and cognitive functioning. John Randolph translates this science in an engaging and accessible way, including the brain-boosting effects of exercise, social activity, mental stimulation, task management strategies, nutrition, and positive self-care. Interwoven with lessons from neuroscience, positive psychology,

social and clinical psychology, and habit formation research are powerful self-coaching exercises designed to help the reader incorporate lifestyle changes that promote brain health.

Ayurveda For Dummies - Angela Hope-Murray 2013-03-29

Rebalance your mind, body and spirit—the natural way! Ayurveda is an ancient system of prevention and treatment of illness by maintaining balance in the body, mind, and spirit according to your individual body type. *Ayurveda For Dummies* provides you with a comprehensive introduction to this area of complementary medicine, considering the origins and history of Ayurveda as well as practical guidance on utilizing the correct balance of nutrition and exercise, herbal remedies, yoga, and Ayurvedic massage to treat ailments and maintain a healthy, happy lifestyle. Helps you develop a diet based on your body type. Advises you on ways to optimize your health by exercising to suit your body type. Gives you trusted info on stretching your body with Yoga. This hands-on, friendly guide helps you understand your body type and restore balance to your life using the principles of Ayurveda.

Aghora III - Robert E. Svoboda 1998-01

Vol. copublished by Sadhana Publications, Floresville, Tx.

The Ageless Woman - Nancy Lonsdorf 2004

The Ageless Woman weaves the timeless wisdom of Ayurvedic medicine with the latest medical discoveries into a unique, highly-effective anti-aging guide for women.

Living Easy with Ayurveda - Dr JV Hebbar 2015-05-21

The book guides you to adopt a healthy lifestyle based on the ancient Indian Medical Science - Ayurveda. The book covers the following topics - setting up a healthy lifestyle, basics of Tridosha, Massage, benefits and side effects, Panchakarma and related procedures, Mental and physical exercises, How to adopt Pranayama in your routine, Health advice based on seasons, Diet advice, Fasting tips, Tastes and their qualities, Abstinence, Sexual health, Sleep and related aspects, Dairy products, Spices, Oils, simple and effective home remedies and more.

Ayurveda - Vasant Lad 1984

Most popular general introduction to Ayurveda, the alternate health

science of India.

Ayurveda - Robert Svoboda 2004-01-01

Ayurveda addresses the well-being of the entire being -- physical, psychological and spiritual -- in an approach to health and healing that is as relevant to the modern world as it was to the ancient world from which it emerged. Herbs and minerals, nutrition and purification, affirmative ways of living are a few of the ways in which Ayurveda treats not just the ailment but the whole person, emphasizing prevention of disease to avoid the need for cure. The Ayurvedic principles and practices outlined in this book form a sound basis for accessing optimal health in balance.

The Microbiome in Health and Disease - 2020-05-29

The Microbiome in Health and Disease, Volume 171 in the Progress in Molecular Biology and Translational Science series, provides the most topical, informative and exciting monographs available on a wide variety of research topics. The series includes in-depth knowledge on the molecular biological aspects of organismal physiology, with this release including chapters on Microbiome in health and disease, CNS development and microbiome in infants, A gut feeling in ALS, Microbiome (Virome) and virus infection, Bugs and Drugs: microbiome in medicine metabolism, Immunity, T cells, and microbiome, Salmonella (Bacterial) infection and cancer: of mice and men, and many other highly researched topics. Provides a novel theme and multiple disciplinary topics of microbiome research in basic and translational studies. Presents an updated collection on bacteria, virus, fungi and their interactions in microbiome. Includes a timely discussion on the tools and methods used for modeling and analysis of microbiome data.

Aghora - Robert E. Svoboda 1993

Prakriti - Robert E. Svoboda 1998-06-01

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda

is based totally upon the knowledge of "prakriti," the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

Tao and Dharma - Robert Svoboda 1995-07-31

Tao and Dharma: Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.

Personality Theories - Albert Ellis 2009

'Personality Theories' by Albert Ellis - the founding father of Rational Emotive Behaviour Therapy - provides a comprehensive review of all major theories of personality including theories of personality pathology. Importantly, it critically reviews each of these theories in light of the competing theories as well as recent research.

Aghora - Robert Svoboda 1986

The Aghora trilogy have been embraced world-wide for their frankness in broaching subjects generally avoided and their facility for making the 'unseen' real. We enter the world of Vimalananda who teaches by story and living example.

Heaven's Banquet - Miriam Kasin Hospodar 2001-10-01

Written with the support of the Maharishi Ayur-Veda Institute, this comprehensive cookbook shows how to incorporate the timeless principles of Ayurveda into the twenty-first-century kitchen. A result of Miriam Kasin Hospodar's twenty-year culinary journey, Heaven's Banquet draws from a rich palette of international cuisines and shows how to match your diet to your mind-body type for maximum health and well-being. The more than 700 recipes included here range from Thai

Corn Fritters and Asian-Cajun Eggplant Gumbo to West African Avocado Mousse and Mocha-Spice Cake with Coffee Cream Frosting. Readers will discover the most effective methods of preparing food, the benefits of eating seasonally for individual types, and how to create a diet for the entire family. There are special sections on how to lose weight and control sugar sensitivity, a questionnaire to help determine mind-body type, and essential ingredients for a well-stocked Ayurvedic kitchen. Fully illustrated, and written for everyone from the beginner cook to the experienced chef, Heaven's Banquet shows how to use food to tap into your body's intelligence and create lifelong health.

Life Force - Tony Robbins 2022-02-08

INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller Money: Master the Game. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with

increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

Nine Designs for Inner Peace - Sarah Tomlinson 2007-12-13

A complete guide to creating planetary yantras to access their healing and centering benefits • Provides easy-to-follow instructions to create the yantras • Serves as an introduction to active meditation, which focuses the mind while the body is engaged in a meditative activity The tantric art of drawing or painting the nine designs known as yantras is an ancient practice of active meditation that releases positive healing and centering effects. Each of the nine designs corresponds to one of the nine qualities of body and mind essential to well-being: radiance, nourishment, passion, intellect, expansion, bliss, organization, uniqueness, and spirituality. From the basic elements of the square, the circle, and the triangle, dynamic visual meditations unfold as the practitioner works clockwise from the outer elements inward toward the central point of stillness, or bindu, the source of happiness within. An accompanying mantra is recited while preparing each yantra to fully engage the senses in the meditative process. Creating the design that “speaks” most to the practitioner enables its unique healing quality to be transmitted. For example, working on the yantra named “Radiance” cultivates optimism and the self-confidence to succeed in one’s endeavors, while “radiating,” or imparting, one’s inner light to others. This workbook provides an important resource for active meditation, a practice revered for its effectiveness in revealing the spiritual underpinnings of everyday life. The active participation of the body in meditation while creating the nine planetary yantras raises to the level of spiritual ritual the practitioner’s intention toward wakefulness and gives access to profound states of healing integration.

Discovering the True You with Ayurveda - Sebastian Pole 2013

Also known as "the science of life," Ayurveda is a complete system of

knowledge that deals with physical health, mental balance, spiritual well-being, social welfare, relationships, environmental issues, dietary and lifestyle habits, as well as the treatment of specific ailments. This deep knowledge has been passed down to us through the last fifty generations of Ayurvedic teachers in India, and its reputation is now growing internationally as a rich, coherent, and effective system of natural living and healing. Discovering the True You with Ayurveda guides readers to optimum health and happiness through the seven pathways of Ayurveda. Beginning by helping you to discover your natural constitutional type, the book gives recommendations on the diet, exercise, and mental and spiritual outlook that you as an individual will benefit from. With your new understanding of your true constitution, you can use the information in Discovering the True You with Ayurveda to tailor a lifestyle and fitness program that works on all levels so you can live a truly authentic life. In all the essential aspects of contemporary life, from the food you eat to the work you do, from the relationships that sustain you to the natural world that nurtures you, it can guide you to health and happiness by teaching you how to fulfill your potential, empower yourself, and find meaning and purpose in everything you do. The book is divided into chapters relating to a specific area of wellbeing: Constitution, Nourishment, Cleansing, Rejuvenation, Strength and Stillness, Ecology, and Relationship. Author Sebastian Pole, an experienced Ayurvedic practitioner, packs the book with philosophical insights, dietary and nutritional information, massage and rejuvenation plans, meditation and yoga exercises, and Indian parables to illustrate Ayurvedic principles and impart some of its cultural background. The book also includes the Pukka Pantry, an appendix of Ayurvedic herbs and their benefits.

The Complete Book of Ayurvedic Home Remedies - Vasant Lad, M.A.Sc. 2012-02-22

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating

common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

Ayurvedic Nutrition - Vaidya Atreya Smith 2015-01-01

Every day, increasing numbers of people are turning to the ancient health system of Ayurveda to restore balance and well-being in their lives. While Ayurveda is easy to implement, its concepts and Sanskrit terms are often confusing. In *Ayurvedic Nutrition*, however, Atreya has explained them clearly and lucidly. It is, therefore, the most accessible book on Ayurveda to date. For anyone who has struggled with one-size-fits-all diet fads, it offers a welcome relief with its comprehensive approach to nutrition adapted to every body type. Beginning with a self-test to determine the specific metabolic and psychological profile, the book emphasizes the importance of balance among all levels of the healing process--mind, body, and spirit. It then presents clear guidelines for choosing foods and making lifestyle choices to support a natural,

healthy state and avoid those practices that disrupt the natural metabolic balance. Drawn from the author's twenty-five years of practicing natural medicine, the book is highlighted by case studies, which illuminate the healing and balancing powers of Ayurveda. From weight loss to the reversal of disease, the programs outlined in this practical and inspirational book will help anyone recover natural rhythms and restore inherent balance.

Ayurveda for Women - Robert Svoboda 2000-12

Previously published by David & Charles Publishers of the UK in 1999.

The Wheel of Healing with Ayurveda - Michelle S. Fondin 2015-05-11
Build Optimal Energy and Health in Body, Mind, and Spirit Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life," is a complete wellness system that includes all that we associate with medical care — prevention of disease, observation, diagnosis, and treatment — as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines easy steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

The Greatness of Saturn - Robert E. Svoboda 1997-04-01

The telling of mythic stories has always been a powerful form of therapy, bringing healing to people facing adversity. The greatness of Saturn is such a therapeutic myth, told and retold through many centuries. Taken

from the East Indian Vedic tradition, it honors the planet Saturn, who personifies time, limitations, loss, and all forms of adversity.

Ayurvedic Cooking for Self-healing - Usha Lad 2005

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

Aghora II - Robert E. Svoboda 1993

Book 2 of the trilogy explores the kundalini, the force of forces. Tantra, mantra, the sacred fire, chakras and consciousness. Written in the personable form of Vimalananda's storytelling and recounting of life's episodes we are able to truly enter the invisible realms.

Light on Life - Hart De Fouw 2003

Light on Life: An Introduction to the Astrology of India Light on Life brings the insight and wisdom of Indian astrology to the Western reader. Jyotish, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. Formerly a closed book to the West, the subject has now been clarified and explained by Hart de Fouw and Dr. Robert Svoboda, two experts and long-term practitioners. In Light on Life they have created a complete

and thorough handbook that can be appreciated and understood by those with very little knowledge of astrology.

Living with Reality - Robert Svoboda 2017-10

"More than four decades have passed since I met the Aghori Vimalananda, and it has been thirty-three years since I last heard him speak. Happily for me he permitted me to write down many of his musings so that I would have them to remind me of the wisdom that he embodied. And, thanks to his compassion for others, he instructed me to publish some of this material after he was gone, which I did in the three Aghora books, books that I continue to regularly read and that continue to offer me thought-provoking guidance at any step along my own path. An aghori is someone who plunges so deep into darkness that he emerges into light. Aghora is a spiritual path that because of its extreme heterodoxy has been enough I cannot myself claim to be an aghori, the example that he thus set has inspired my own sophomoric attempts to transmute into equanimity all that is both gratifying and grotesque in life, focusing on the subtle world while living in mundane reality, for Vimalananda always emphasized the importance of living with reality."

Dr. Robert E. Svoboda Illustrated by Satya Moses

The Dog Cancer Survival Guide - Demian Dressler 2011

If your dog has cancer, you need this book. No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This scientifically researched guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now. Discover the Full Spectrum approach to dog cancer care: * Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects. * The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine. * How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other

personal factors. Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers. The Authors Dr. Demian Dressler, DVM practices in Hawaii and is internationally recognized as the dog cancer vet and blogs at DogCancerBlog.com. Dr. Susan Ettinger, DVM is a veterinary oncologist and a diplomate of the American College of Internal Medicine who practices in New York. Praise from Veterinarians, Authors & Book Reviewers The future is upon us and this ground-breaking book is a vital cornerstone. In dealing with cancer, our worst illness, this Survival Guide is educational, logical, expansive, embracing, honest and so needed. Dr. Marty Goldstein, DVM Holistic veterinarian and Host, Ask Martha Stewart's Vet on Sirius Radio The message of this book jumps off the written page and into the heart of every reader, and will become the at home bible for cancer care of dogs. The authors have given you a sensible and systematic approach that practicing veterinarians will cherish. I found the book inspiring and, clearly, it will become part of my daily approach to cancer therapy for my own patients. Dr. Robert B. Cohen, VMD Bay Street Animal Hospital, New York I wish that I had had

The Dog Cancer Survival Guide when my dearly beloved Flat-coated Retriever, Odin, contracted cancer. It would have provided me alternative courses of action, as well as some well needed reality checks which were not available from conversations with my veterinarian. It should be on every dog owner's book shelf--just in case... Dr. Stanley Coren, PhD, FRSC author of many books, including Born to Bark A comprehensive guide that distills both alternative and allopathic cancer treatments in dogs...With the overwhelming amount of conflicting information about cancer prevention and treatment, this book provides a pet owner with an easy to follow approach to one of the most serious diseases in animals. Dr. Barbara Royal, DVM The Royal Treatment Veterinary Center, Oprah Winfrey's Chicago veterinarian Picking up The Dog Cancer Survival Guide is anything but a downer: it's an 'empowerer.' It will make you feel like the best medical advocate for your dog. It covers canine cancer topics to an unprecedented depth and breadth from emotional coping strategies to prevention-in plain English. Read this book, and you will understand cancer stages, treatment options, and types, and much more. If you have just had the dreaded news, pick up a copy and it will guide the decisions your dog trusts you to make. Laure-Anne Visele Dog behavior specialist and technical dog writer, CanisBonus.com