

This pathfinder may be useful in finding information about how to use mindfulness when dealing with a diagnosis of cancer.

## Books

**Mindfulness Meditation for Beginners: 50 Meditations to Practice Awareness, Acceptance, and Peace** (2020) by Dawn Mauricio ISBN-13 : 978-1646116676

**The Art & Power of Acceptance: Your Guide to Inner Peace** (2019) by Ashley Davis Bush, LICSW ISBN-13 : 978-1454937920

**The Gifts of Acceptance: Embracing People And Things as They Are** (2018) by Daniel A. Miller ISBN-13 : 978-0982893050

**Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness** (2013) by Jon Kabat-Zinn ISBN-13 : 978-0345536938

## Websites

**Cancer Support Community** – This site has info about how to live with a cancer diagnosis. Go to [cancersupportcommunity.org/living-cancer](https://cancersupportcommunity.org/living-cancer)

**American Cancer Society** – This site has info on every aspect of cancer and treatments. Go to [cancer.org](https://cancer.org)

In the search box, type in Mindfulness for a list of topics related to meditation and stress management.

**Livestrong** – This is another site that offers info on anything related to a cancer diagnosis. Go to [www.livestrong.org](https://www.livestrong.org). Click on Cancer Help at the top then over to Health and Wellness for topics on emotions, stress management, and meditation.

**National Institute of Cancer** – For specific information about emotions, go to [cancer.gov/about-cancer/coping/feelings](https://cancer.gov/about-cancer/coping/feelings)

## Apps

This is a short list of free apps you can download to your smart device. They are available for both iOS and Android.

- Headspace
- Calm
- Aura
- Stop Breath Think
- Insight Timer

This Pathfinder is a suggested list of resources and is not meant to take the place of medical advice or professional counseling. If you have any questions, please talk to your doctor, nurse, or social worker.