

Cancer Wellness Resource Library

A wealth of information and support for you and your loved ones.

Our resource library is an organized and thoughtful resource center, where information has been specially selected by our Licensed Master Social Workers, clinical experts, and patients who have benefited from these resources. Highlights of our resources include:

- **Taking Time.** The National Cancer Institute's highly acclaimed book on support for people with cancer.
- **When Someone You Loved is Being Treated for Cancer.** An excellent caregiver resource by the *National Cancer Institute*.
- **Nature Heals – Reconciling Your Grief Through Engaging with the Natural World.**
Words of hope and healing by *Alan D. Wolfelt, Ph.D.*
- **Healing Your Grieving Heart After a Cancer Diagnosis** - 100 practical ideas for coping, surviving and thriving. by *Alan D. Wolfelt, Ph.D.*
- **Yoga as Medicine, The Yoga Prescription for Health and Healing** by *Timothy McCall, MD*
- **Coping with Anticipatory Grief** by *Alan D Wolfelt, Ph.D.*
- **Cancer Caregiving A to Z** by *The American Cancer Society*
- **Mindfulness for Beginners** by *Jon Kabat-Zinn*
- **One Mindful Day at a Time** by *Alan D. Wolfelt, Ph.D.* In just a few minutes a day, this little gem of a book will teach you to live every moment from a place of peace, purpose and gratitude. Living in the now is a habit you can cultivate.



Our library also has excellent resources for nutrition information, how to's, journals and

creative outlets. The resource library is in the Cancer Wellness Center located within the Piedmont Fayette Oncology suite.

