



Heal Your Cancer: Emotional and Spiritual Pathways

Bruno Cortis MD

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Heal Your Cancer Emotional and Spiritual Pathways Bruno Cortis, M.D. Five years ago the author was diagnosed with leukemia. He felt isolated and overwhelmed. Like other cancer patients what he needed most was to find peace of mind and meaning in what life he had remaining. Cancer is like a flame that melts and purifies you. It touches you deeply and compels you to look for reasons deep inside yourself. You look and look until ultimately, in a moment of humility, you gain a clear vision of life's illusions and you see the truth: all things change, nothing is permanent, even your life. In essence, cancer teaches you to make peace with your imperfections and with all that is unknown. Dr. Cortis' life experience as a physician and now as a patient has taught him that cancer affects the body and the mind. With proper treatment, the body recovers first. The mind, however, particularly the Ego, needs time to get well and overcome the negative emotions such as fear, depression, and a sense of the loss of one's wholeness, which linger for a long time. If you see yourself through the eyes of your mind, your imperfection and mortality make the acceptance of cancer very difficult. You need inner peace. You will find that the domain of spiritual healing lies within your heart. It is your heart that animates your being. In your heart you connect with the Divine. This book offers to you a pathway to healing in a step-by-step approach: through the body, the mind and the spirit. Dr. Cortis shares his experience as a patient and what he has learned, with insights and exercises that provide practical help in time of need. Endorsements "This is a book filled with wisdom presented in a concise and touching way. If you seek to be a survivor, then read on and learn how to have your heart make up your mind, and how a curse can become a blessing and make you strong at the broken places. The experience shared here can be your guide, coach you and help you to achieve your goals. So show up for practice and read the words that will touch you deeply. I know from my experience, the truth is spoken here." ---Bernie Siegel, M.D., author of Faith Hope & Healing and 365 Prescriptions for the Soul. "From his own cancer experience, Dr. Bruno Cortis, a respected cardiologist, has crafted an inspiring guide that is consistent with the science of mind-body medicine. Heal Your Cancer can be a lifesaver for people confronting this challenge. I recommend this book not only for cancer patients, but also for those who love and care for them." ---Larry Dossey, M.D., author of The Power of Premonitions and Reinventing Medicine "Dr. Cortis shares his experience as a cancer survivor and as physician, showing how to mobilize our spiritual energy for healing." ---Gerald G. Jampolsky, M.D., author of A Mini Course for Life "I was deeply moved reading this manuscript. Dr. Bruno's writing is very special and I believe that it will be extraordinarily helpful to many people." Father Louis Cameli, STD, author of Bread of Life: Exploring the Presence of Eucharist in Our Lives "As a cancer survivor, Dr. Cortis uses the Spiritual Heart to empower the reader with the ability to come out of the darkness of illness and go toward the healing light of recovery." Maria Insolia Paonessa, entrepreneur ISBN: 987-1-57733-278-7

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