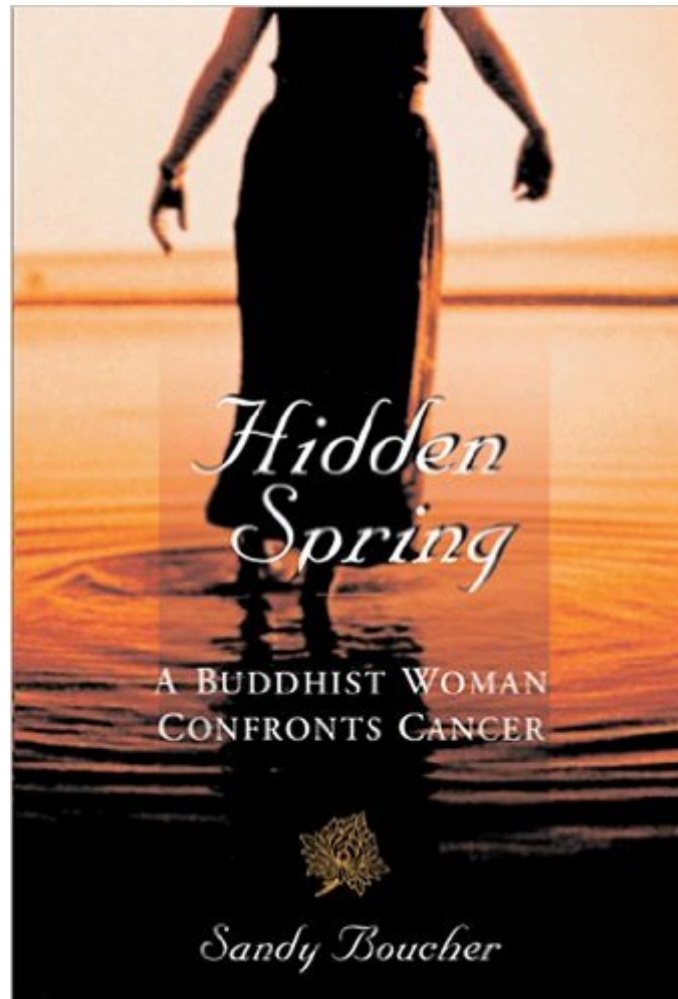


The book was found

# Hidden Spring: A Buddhist Woman Confronts Cancer



## Synopsis

Hidden Spring is the first book to demonstrate in moment-to-moment detail how Buddhist meditation and practice can help us cope with the ordeal of life-threatening disease. In 1995, Sandy Boucher - a well-known Buddhist and feminist writer - was diagnosed with stage III colon cancer. In vivid prose, she describes her year-long encounter with the disease, and reveals how meditation techniques and understanding of Buddhist principles prepared her to meet the mental and physical challenges of her illness. This intimate account of the development of a Western Buddhist meditator is a triumphant tale of the human spirit in its struggle with mortality, and a guide for anyone looking for strength and comfort for their own struggles.

## Book Information

Paperback: 192 pages

Publisher: Wisdom Publications; 1 edition (October 1, 2000)

Language: English

ISBN-10: 0861711718

ISBN-13: 978-0861711710

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #938,935 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal](#) #3157 in [Books > Christian Books & Bibles > Christian Living > Women's Issues](#) #4859 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#)

## Customer Reviews

With only a slight knowledge of Buddhist principles, but with much experience working with people with cancer, I began this book with curiosity and trust. Trust because I came upon it at a Buddhist retreat a friend was checking out before attending a class in a few months. It was at the library and I couldn't leave without it for some reason. Now I know the reason. There is such grace in the journey Sandy began as she struggled to continue her practice under most difficult, even dire circumstances. I laughed, cried and finally understood at a deeper level than ever before how to truly "practice" Buddhism on a daily basis no matter what is happening in your life. I get it now, when no reading I'd done before ever truly connected except on a mental level for me. I'm grateful for Sandy for sharing this experience and I am humbled by her story.

I heard a review of this book on National Public Radio & had to see for myself if it was as great as it sounded. This is an inspiringly honest book. It would be a great read for anyone dealing with cancer, depression, or daily life.

[Download to continue reading...](#)

Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Hidden Spring: A Buddhist Woman Confronts Cancer Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer A Human Being Died That Night: A South African Woman Confronts the Legacy of Apartheid Buddhist Nuns, Monks, and Other Worldly Matters: Recent Papers on Monastic Buddhism in India (Studies in the Buddhist Traditions) Cancer Fighting Kitchen: Essential Cancer Fighting Foods to Heal Cancer and Cancer Fighting Recipes Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Colon Cancer - A Cancer

Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Vegan Spring Rolls & Summer Rolls: 50 Delicious Vegan Spring Roll Recipes and Summer Roll Recipes (Veganized Recipes Book 10) Spring Roll Recipes: Scrumptious Spring Roll Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe) Fall Bulbs For Spring Flowers: Tulips, Daffodils, Amaryllis & 14 Other Bulbs To Plant For A Blooming Spring Garden... Garden Book

[Dmca](#)