

# **Empowered Healing**

## **Creating Quality of Life While Journeying with Cancer**

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*Foreword by Dr. Annaliisa McGlinn*

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**THE GOAL OF THE INTEGRATED, FACT-BASED, SPIRIT-GUIDED APPROACH:  
LIVE A HIGH-QUALITY LIFE**

## **PART 1: FACT-BASED CHOICES**

- 1: Focus on Being Realistic
- 2: Seek Knowledge
- 3: Speak Up
- 4: Maximize Certainty
- 5: Choose Integrated Treatment
- 6: Create a Team
- 7: Improve the Process
- 8: Ask for Help
- 9: Choose Where to Be
- 10: Communicate Well

## **PART 2: SPIRIT-GUIDED CHOICES**

- 1: Engage in Prayer
- 2: Meditate and Visualize
- 3: Seek Inspiration
- 4: Experience the Arts
- 5: Strive to Be Your Best
- 6: Serve Others
- 7: Build Unity Through Completing and Connecting
- 8: Expand Love
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## **RE-VISITING EMPOWERMENT**

### **APPENDICES**

- A: Copy of “Three Tools of Healing” Poster
- B: Empowering Character Qualities

## **ABOUT THE AUTHORS**

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