

Focus on Healing

Holistic self-help for
medical illness

Jennifer Barraclough



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About the Author...



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Jennifer has authored, co-authored and edited a number of books including *Enhancing Cancer Care: Complementary Therapy & Support* (Oxford University Press, 2007), *The Psycho-immunology of Cancer* (Oxford University Press, 2002), *Integrated Cancer Care: Holistic, Complementary and Creative Approaches* (Oxford University Press, 2001), *Cancer and Emotion* (John Wiley, 1998), and *Hughes' Outline of Modern Psychiatry* (John Wiley, 1996).

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Disclaimer: The suggestions about self-help for medical illness given in this book are general ones which do not necessarily apply to every case. They are not intended to replace diagnosis and treatment from a qualified healthcare professional. Readers who put them into practice must do so on the understanding that the author or publisher cannot take responsibility for the results.