



Here For Now: Living Well With Cancer Through Mindfulness

Elana Rosenbaum

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Through narrative, guided exercises, and meditations, *Here For Now* was the first book to apply the principles of mindfulness meditation to living with cancer. This book empowers the reader to transform suffering into compassion and joy. Follow Elana's journey as she experiences the shock of her own cancer diagnosis, the vulnerability of being a patient, the gratitude of survival and recovery, as well as the ability to live with uncertainty and help others live wholly and fully. Elana's career and life experience combine to make her a unique and powerful voice on living with cancer, one which cancer patients, survivors, family members and health professionals will turn to again and again. Elana's moving life story of living with and surviving cancer, and the meditation and visualization exercises she's created for patients are both practical and inspirational. *Here For Now* is a sought after addition to the current body of work available to patients and healthcare practitioners alike, as well as anyone who wants to thrive in the face of adversity.

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