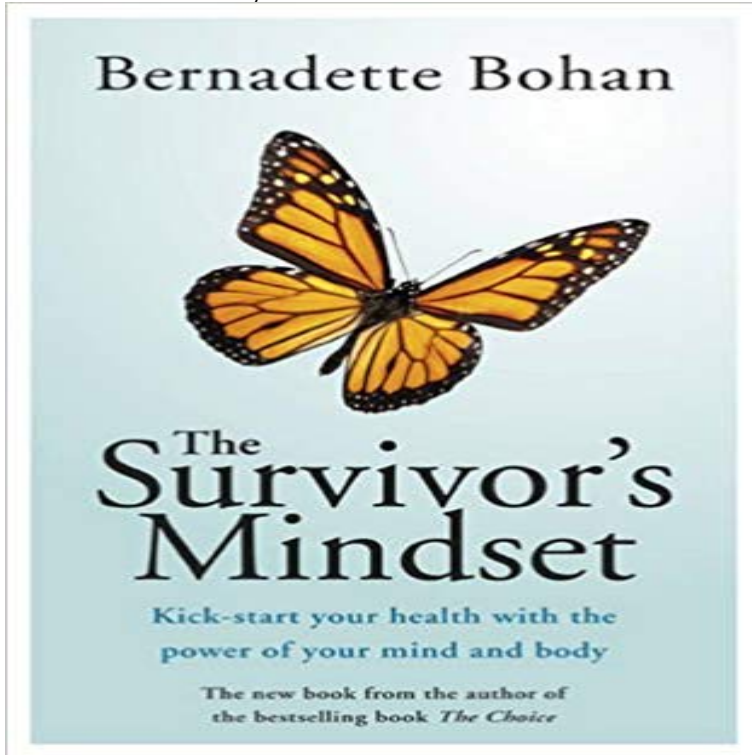


## The Survivors Mindset: Kick-start your health with the power of your mind & body



In her previous book, *The Choice*, Bernadette Bohan described her remarkable recovery from cancer and, based on her own experience, provided a program of personal change to promote health and well-being. Many thousands of people have subsequently attended her lectures and seminars and have seen her regularly on television. Her home became a meeting place for those with various health challenges and soon it became apparent to her that it was habits of mind that prevented many people from making the dietary and lifestyle changes that were imperative to recovery. *The Survivors Mindset* provides a series of easily understood strategies that assist in overcoming the hesitations, fears and prejudices that so often are a barrier to making personal change. It equips the reader with common sense information and simple skills. Using many case studies the author shows how different therapies and interventions can be used to develop personal strengths and overcome doubts and uncertainty. These real stories from real people illustrate vividly how lifestyles can be restructured both physically and mentally. It often takes a crisis to provide the catalyst for change and, as the author points out, the Chinese word for crisis *wei-ji* is composed of the characters for danger and opportunity.

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