



Dear Friends,

Thanks to many of you for sending such kind comments about the last issue of the "Stop Breast Cancer" Newsletter. Your August issue also has powerful tips and ideas for staying healthy. Please let me know how useful it is for you and your friends. You can also send me suggestions and articles for inclusion in next month's issue by emailing t@BreastCancerCoach.com

Who do you know that could use a support system, a problem-solver, a method, for breaking through obstacles, for creating better health, for effectively dealing with crisis? Please refer them to me.

If they qualify, I will implement the appropriate components of my phenomenal program, **From Survivor to Thrive - The Breakthrough Program for Beating Breast Cancer™**, the most cost-effective holistic transformational program available anywhere.

They will be forever grateful.

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It's All About Attitude

Become a Lake

An aging Hindu master grew tired of his apprentice complaining, and so, one morning, sent him for some salt. When the apprentice returned, the master instructed the unhappy man to put a handful of salt in a glass of water and then to drink it.

"How does it taste?" the master asked
"Bitter," spat the apprentice.

The master chuckled and then asked the young man to take the same handful of salt and put it in the lake. The two walked in silence to the nearby lake, and once the apprentice swirled his handful of salt in the water, the old man said,

"Now drink from the lake."

As the water dripped down the young man's chin, the master asked,

"How does it taste?"

"Fresh" remarked the apprentice.

"Do you taste the salt?" asked the master.

"No," said the young man.

At this, the master sat beside this serious young man who so reminded him of himself and took his hands, offering,

"The pain of life is pure salt; no more, no less. The amount of pain in life remains the same - exactly the same. However, the amount of bitterness we taste depends on the container we put the pain in. So when you are in pain, the only thing you can do is to enlarge your sense of things...Stop being a glass. Become a lake."

Consider the following: *What is the "pain" in your life right now? How large is your "glass"? What size container would you like to use instead? Now imagine the pain in that container. How would it feel? Can you just be with that? (If you'd like help, contact the breast cancer coach for a complimentary coaching session. t@breastcancercoach.com)*

Psychoneuroimmunology (PNI)

Wouldn't it be wonderful if you could attend one center, a Total Health Center, in which you received preventative medical care, emotional resilience training, and physical movement classes - all under one roof! I recently imagined what that would be like – how it could affect our entire body-mind functioning and health. What a boost to the immune system that could be!

I envisioned superb medical attention from highly skilled PNI medical staff, classes to effectively deal with emotions, physical fitness training, spiritual mind treatment, classes in guided imagery and pain-free visualizations, and a variety of forms of bodywork, offered in a supportive, loving atmosphere designed to integrate all aspects of your being. Then I realized a lot of this is handled with holistic phone coaching! But not all of it.

Finding doctors who understand how huge an impact our thoughts and feelings have on our immune system... well, that's a challenging task. One facility, with highly skilled staff, available to all women, isn't that a vision worth holding?

I hope you will join me in a sustained practice of envisioning the powerful healing which occurs in such a setting.

Mind-body specialists such as Myrin Borysenko, PhD, explain that PNI has clearly shown that the nervous system and the immune system do influence one another. "Every cell may in some way experience...emotions ...the body mind are not only connected, they are inseparable."

Consider the following: *What would you like to transform in our life? How can you utilize the body-mind-spirit connection to foster that shift? (Hint, what have you been complaining about?)*

To personally experience the power of my phenomenal program, From Survivor to Thrive - The Breakthrough Program for Beating Breast Cancer™, to transform body, mind and spiritual aspects of your life, please contact me for your complimentary phone coaching session.

Humor

Humor is an important element for healing and maintaining health. Norman Cousins made this treatment techniques popular when years ago, he healed himself from cancer by watching funny movies and tv shows, playing funny games, and in general, finding many opportunities for full-body laughter.

This following letter comes from one of our readers. She begins with some general comments. I think you'll find her story amusing.

"Congratulations on a wonderful newsletter. Your articles are interesting and informative. I am impressed that you are quoting studies and life situations.

I resumed my college studies after 27 years and after beating breast cancer. I completed my coursework last November and in June, I will walk with other graduates of Ohio University to receive my BS in Communication, Cum Laude. Who knows? Maybe I'll continue on and work on my MA or PhD. Having cancer opened my awareness to things I never felt possible.

The Humor article reminds me of the day I was sitting at the kitchen table in my flannel PJs and ball hat. My son had come home from college and hadn't seen me bald yet. I thought the hat would be easier for him to look at; and I didn't like to wear my wig. We were sitting at the table eating cereal, when my son looked up and started laughing. He said, "Mom, lose the hat. You and Dad never allowed us to wear ball hats at the table." After a good laugh, I was able to run around the house without a hat or wig. I admit that I shocked the UPS man and other unsuspecting people who came to my door."

Thank you LuAnn Gatewood!

Get published! Please submit your own humorous story for possible inclusion in upcoming newsletters to t@breastcancercoach.com and earn a free phone

coaching session.

Mark Your Calendar - Free Teleclass

Who Do You Know That Wants to Avoid Breast Cancer? Learn what to eliminate IN , ON, and NEAR your body to Stay Healthy!



You can help prevent breast cancer and other diseases.

"Preventing Breast Cancer Recurrence-Wisdom for Survivors and Thrivers"

This free teleclass offered in conjunction with the Breast Cancer Support Center, is scheduled for **Sunday, August 8th at 5:00 pm PT.**

This is a 60 minute no-cost class by phone. You are invited to join a community of women interested in preventing cancer and its recurrence. You will hear facts which are generally unavailable to the public. During the phone call, you can remain quiet and simply listen, or you can participate by sharing your knowledge as well.

Join Breast Cancer Recovery Coach, Dr. Talia Miller by sending an email to director@BreastCancerSupportCenter.org or calling **559-683-7004** to register. Once registered, you'll receive the call-in phone number and access code for the informative and lively "class-by-phone."

Invite your friends and colleagues. This is FREE Information brought to you as a public service by the Breast Cancer Support Center. Contact us now for the phone number and code so you can receive this important information.

[Teleclass Registration](#)

Wisdom of the Body-Mind

I'd like to share a life-changing coaching experience I facilitated with one of my clients ("D") recently. She was deeply upset because a very close friend had just been diagnosed with cancer. Knowing full-well what might be in store for her friend, "D" tried to be immediately helpful. However, her friend didn't respond in the way my client had hoped. When "D" shared her upset about this situation with me during a phone coaching session, I asked her to find the place in her body where her feeling was the strongest. She felt it most strongly in her forehead. (Forehead is usually a place where the emotion of anger resides.) "D" discovered that the pain was connected to the thought "I didn't do the right thing." We stayed attentive to the body sensation until it diminished and moved to her belly. "D" described sensations, which I recognized as fear, but which initially was confusing to her because she thought she

was angry.

After a few more minutes of processing the body sensations, she said, "I don't want "S" to die" I just want to push it away."

Staying with the feelings as they arose in her body, she allowed her mind to speak, "I don't want to die" (That was the fear I had sensed earlier).

Encouraged by my prompts, she began to let her body move her around the room. Sentences such as "I want it out! I hate this not-knowing! Get out! Get out!" she shouted as she stomped the feelings through and out of, her body.

The relief that came immediately thereafter was palpable, even though we were on the phone, not working in-person. A miracle. Dealing with the confrontation about her newly diagnosed friend led her to discover her own fears about her mortality. (She is a one-year survivor). Together, using E.F.T, (Emotional Freedom Technique) we cleared that fear from her body - allowing her energy to return to a high state of resonance so that her immune system could now function more optimally. She felt fantastic. Free!

The depth of fear that most cancer survivors carry in their bodies had been exposed. Once seen, even the most dramatic and persistent emotion can be transformed and the body, healed.

Thank you to this courageous client for allowing me to share one piece of her healing story so that you too, may be inspired to take the actions needed to invite your inner wisdom to work through your body – and heal!

Consider the following: *What is your body-mind holding that if released or transformed by using your inner wisdom, would give you freedom?*

My phenomenal program From Survivor to Thrive - The Breakthrough Program for Beating Breast Cancer™ utilizes 12 proven principles for healing the body, mind and spirit. The incident described above is just one example of its life-changing power!



Summer Special - Now Until Labor Day!

Make summer your opportunity to vacation from the worries and hassles of daily living. Enjoy enhanced health and peace. Help prevent cancer and its recurrence.

Find out if transformational holistic life coaching will give you the momentum and stress reduction to maximize *your* potential.

Request your complimentary phone coaching session now, so you can take advantage of this Summer Newsletter special.

New clients will receive twenty percent (20%) discount on their first month's phone coaching.

Call Dr. Talia Miller, 559-683-7004 or email the Breast Cancer Recovery Coach t@breastcancercoach.com

This invitation is for readers of the Stop Breast Cancer Newsletter, only.

This message was sent by Breast Cancer Coach, Dr. Talia Miller using VerticalResponse's [iBuilder™](#).



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