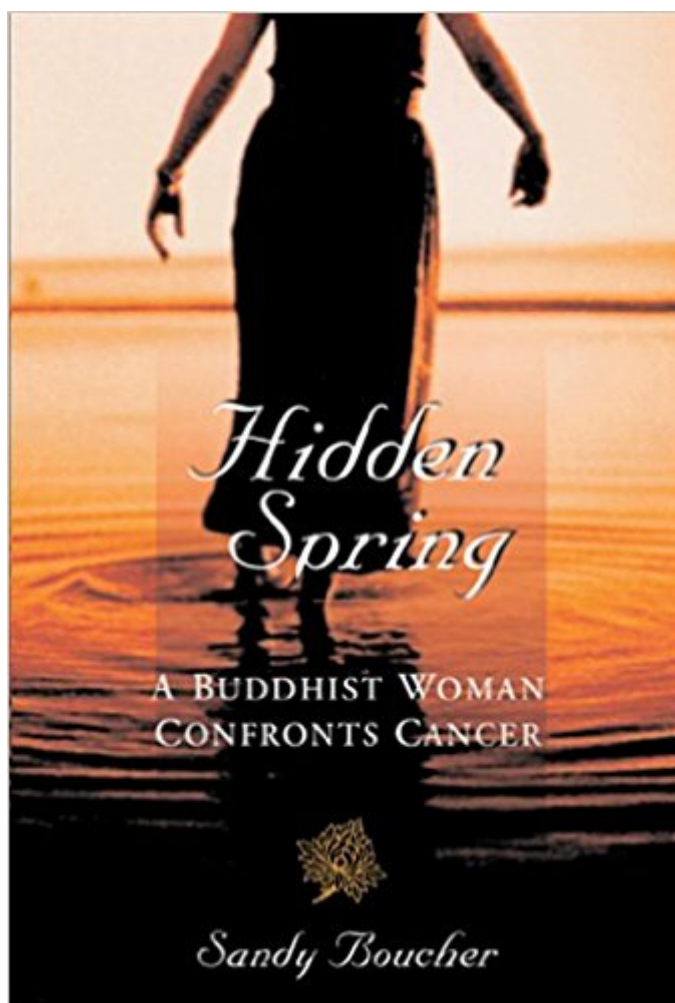


The book was found

Hidden Spring: A Buddhist Woman Confronts Cancer



Synopsis

Hidden Spring is the first book to demonstrate in moment-to-moment detail how Buddhist meditation and practice can help us cope with the ordeal of life-threatening disease. In 1995, Sandy Boucher - a well-known Buddhist and feminist writer - was diagnosed with stage III colon cancer. In vivid prose, she describes her year-long encounter with the disease, and reveals how meditation techniques and understanding of Buddhist principles prepared her to meet the mental and physical challenges of her illness. This intimate account of the development of a Western Buddhist meditator is a triumphant tale of the human spirit in its struggle with mortality, and a guide for anyone looking for strength and comfort for their own struggles.

Book Information

Paperback: 192 pages

Publisher: Wisdom Publications; 1 edition (October 1, 2000)

Language: English

ISBN-10: 0861711718

ISBN-13: 978-0861711710

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 2 customer reviews

Best Sellers Rank: #200,762 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal](#) #981 in [Books > Christian Books & Bibles > Christian Living > Women's Issues](#) #1062 in [Books > Religion & Spirituality > Worship & Devotion > Inspirational](#)

Customer Reviews

To an outsider, Buddhist meditation can appear self-indulgent, time frittered away buttressing an intransigent ego. To an insider, such as Sandy Boucher, the dividends of meditation can come at unforeseen times, under extreme circumstances, such as facing down malignant cancer. Boucher, a counterculture patchwork of pursuits and causes, sews together a memoir of suffering to rival any proof of the Buddha's first noble truth. Although her surgery is a success, like so many other cancer victims Boucher's battle with chemotherapy causes the most damage. Having lost her home, her lover, and her health, Boucher collapses into the spiritual arms of her longtime meditation teacher Ruth Denison. Parallel to the drama of the cancer, we are treated to a minibiography of Denison, who proves to be an oasis of sanity in the desert of Boucher's life. Honest, occasionally compelling,

and often unusual, Boucher's story contains glimmers of Buddhism's light amid many shadows of human frailty. --Brian Bruya

In 1995 Boucher, a feminist and, for some 20 years, a Buddhist, was diagnosed with stage three colon cancer. Her book is an unflinching, poignant, inspiring account of the subsequent year-long battle with the disease and the near-fatal joust with the grim reaper, which consumed every element of her life. Her faith gave her solace. With much difficulty and grave determination, she learned to live in the moment, to be fully present. The reader follows her through the nerve-racking early testing and waiting, the devastating diagnosis, the harrowing surgery, the interminable chemotherapy sessions, the long recovery process, and also, sadly, the unraveling of a serious relationship. Finally, Boucher appears compassionate yet flawed, terrified by the uncertain road ahead yet determined to follow it to the end. Anyone who has been touched by a serious illness or a death in the family will probably identify with Boucher's touching story, and admire her courage and perseverance in bringing it to public attention. And such readers may be left in tears. June Sawyers Copyright © American Library Association. All rights reserved

With only a slight knowledge of Buddhist principles, but with much experience working with people with cancer, I began this book with curiosity and trust. Trust because I came upon it at a Buddhist retreat a friend was checking out before attending a class in a few months. It was at the library and I couldn't leave without it for some reason. Now I know the reason. There is such grace in the journey Sandy began as she struggled to continue her practice under most difficult, even dire circumstances. I laughed, cried and finally understood at a deeper level than ever before how to truly "practice" Buddhism on a daily basis no matter what is happening in your life. I get it now, when no reading I'd done before ever truly connected except on a mental level for me. I'm grateful for Sandy for sharing this experience and I am humbled by her story.

I heard a review of this book on National Public Radio & had to see for myself if it was as great as it sounded. This is an inspiringly honest book. It would be a great read for anyone dealing with cancer, depression, or daily life.

[Download to continue reading...](#)

Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives

(Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Hidden Spring: A Buddhist Woman Confronts Cancer Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Photo Book of Buddhist Holy Places: (Buddhist pilgrimage sites) (Pictures of ancient Buddhist temples, stupas, shrines and monasteries) (buddha, asian, ... monastery, southeast, east, pilgrimage) A Human Being Died That Night: A South African Woman Confronts the Legacy of Apartheid Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) Country Spring: Inspiring Coloring Book with 40 Hand-Drawn Illustrations Featuring The Beauty of Spring in the Country (Inspirational Coloring Book) Wedding Dress Spring 25

Different styles (Wedding Spring) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)