

CAN WE HELP CHILDREN FACE SERIOUS ILLNESS? YES! WITH CALMNESS, COURAGE, AND CONFIDENCE!

This comprehensive guide provides parents and health care providers with a program to help children reframe the medical and emotional aspects of illness by reinforcing their ability to cope with difficulties through:

- Progressive muscle relaxation
- Calm breathing
- Visual imagery
- Positive self-statements
- Music
- Humor

Combining engaging pictures and powerful stories, *Healing Images for Children* effectively teaches children to weave their own fabric of healing images that can then be used for a wide range of personal and medical situations.

"Healing Images for Children is an important resource for exploring the inner landscape of body, mind, and heart with children and helping them to find new ways to mobilize their courage, their beauty, and their imagination in facing what we would rather they would never have to face."

— Jon Kabat-Zinn, Ph.D.

Author of *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*; Co-author of *Everyday Blessings: The Inner Work of Mindful Parenting*

"Healing Images is a veritable 'toolbox' of strategies for coping and healing. It is a multidimensional program, based on the premise that on the path to the child's coping and healing, parents and caregivers can be highly effective guides. Ms. Klein's work is at once captivating and effective."

This work is a true breakthrough in the developing field of pediatric behavioral medicine, integrating theory with practice. It will be an important tool as much for any professional working with the seriously ill, as for parents and families facing life-threatening illnesses."

— Joel Wish, Ph.D.

Director of Health Psychology / Clinical Associate Professor – Departments of Rehabilitation Medicine and Pediatrics

"This powerful book is written for patients and their families. The author has drawn on her own insights and experiences as a teacher, parent, and patient and has created a wonderful guide that will help both children and adults. It is to be read and re-read through the journey of serious illness."

— Richard M. Hansen, MD

President, Stillwaters Center, Inc. / Cancer Support Services

Nancy Klein, M.A., combines twenty years of teaching with the lessons learned from her own experiences with cancer in developing resources for children facing serious illnesses. As a speaker and educator, Ms. Klein's teaching covers the full spectrum from elementary school to university classes. She is currently working on her next book, *Healing Images for Women*, as she continues on her own healing journey.



Specializing in products and activities that foster positive thinking, reduce stress and build self-esteem in children.

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