



**Rob Rutledge** is a Radiation Oncologist specializing in breast, prostate and pediatric cancer, and an Associate Professor of Medicine at Dalhousie University. Rob is a passionate and dynamic public speaker. Presenting scientific knowledge and providing insights gained from serving people dealing with life threatening disease, he has touched the hearts and minds of diverse audiences with his compassion and wisdom. Rob lives in Halifax, Canada with his wife and two sons.



**Timothy Walker, Ph.D.**, Psychotherapist, Teacher and Healer has led meditation retreats, healing circles, and mindfulness workshops in healthcare throughout North America since 1985. His passion is to help people access innate wisdom for healing by opening their hearts to the powerful energy of loving-kindness. To learn more about Tim's work visit [www.thehealingcircle.org](http://www.thehealingcircle.org)

All proceeds from the sale of *The Healing Circle* will go to the **Healing and Cancer Foundation**, a registered Canadian charity. The Foundation's unique approach integrates traditional medical care with scientifically-proven and wisdom-based healing techniques.

Visit our website at [HealingandCancer.org](http://HealingandCancer.org) to view retreat documentaries, videos of people featured in *The Healing Circle*, and all of the lectures, talks, small and large group discussions featured in this book. You can follow an eight-week video program called the *The Healing Program* at our website, or order the 8DVD set, copies of this book or individual 'Healing skills' DVDs.

*The Healing Circle* includes inspiring true stories and teachings from the 'Skills for Healing' Cancer Weekend Retreats. Its intimate examination of the cancer journey provides a practical and fresh perspective on how to heal at the levels of body, mind and spirit.

*"The Healing Circle offers those affected by cancer a compassionate companion for the road. By sharing the actual words of the experts...people who have faced cancer themselves, Rob Rutledge MD and Timothy Walker PhD offer healing from loneliness, and practical guidance for the journey. A book for anyone who has ever sought their wholeness in the midst of a cancer crisis. Don't go to your doctor's office without it."*

**Rachel Naomi Remen, MD** author of *Kitchen Table Wisdom*

*"The Healing Circle is what it claims to be: An integration of science, wisdom and compassion that touches one's heart while guiding one's mind to embrace the wholeness that every human being can feel and understand. By drawing on the wisdom and experience shared in this book, life's difficulties can truly become blessings which help us to heal our lives. I am a fan of the authors and this life-affirming book."*

**Bernie Siegel, MD**, author of *Love, Medicine & Miracles* and *Faith, Hope & Healing*

*"The Healing Circle explores the deep lessons of healing – the true essence of the cancer journey. Personal stories are woven together with practical advice and, together, provide a wonderfully moving exploration of our healing potential, the power of love and sharing, and the deeper meaning of illness and transformation. I highly recommend this book."*

**Dr. Hal Gunn, MD**, Chair and CEO, InspireHealth, Integrated Cancer Care



The Healing Circle

Rutledge / Walker



# The Healing Circle

Integrating science, wisdom and compassion in reclaiming wholeness on the cancer journey.

**How can you heal after a cancer diagnosis?**

*The Healing Circle* helps readers to answer this question for themselves. The book integrates science, wisdom and compassion, and offers a practical approach and fresh perspective on how to heal at the levels of body, mind and spirit. *The Healing Circle* is primarily for those who have been given a cancer diagnosis and their loved ones, but is also highly relevant for medical professionals and everyone on the healing journey of life.

For over 10 years, Rob Rutledge, MD, Oncologist and Associate Professor of Medicine, and Timothy Walker, PhD, Psychotherapist and Spiritual Teacher, have empowered people affected by cancer at the 'Skills for Healing Weekend Retreats' in over a dozen cities internationally. The skills and loving perspective they teach can help transform the experience of cancer into a journey of psychological and spiritual growth - maximizing the chance of recovery!

*The Healing Circle* closely follows one of the retreats, and teaches you how to:

- Negotiate the medical system and receive 'complete cancer care'
- Empower your body with simple and effective healing techniques
- Recognize stress and learn the relaxation response
- Reframe distressing thoughts and emotions
- Develop mindfulness to tap into your innate wisdom and natural capacity to heal

Woven through these teachings are the inspiring true stories of people who have attended a retreat, and integrated wisdom and love into their lives. Each story is different, yet there are universal themes that go beyond the personal into the realm of possibility and healing.

Reading these stories and absorbing the profound teachings can empower you on the cancer journey, warm your heart, and help you to reclaim your already existing wholeness.

