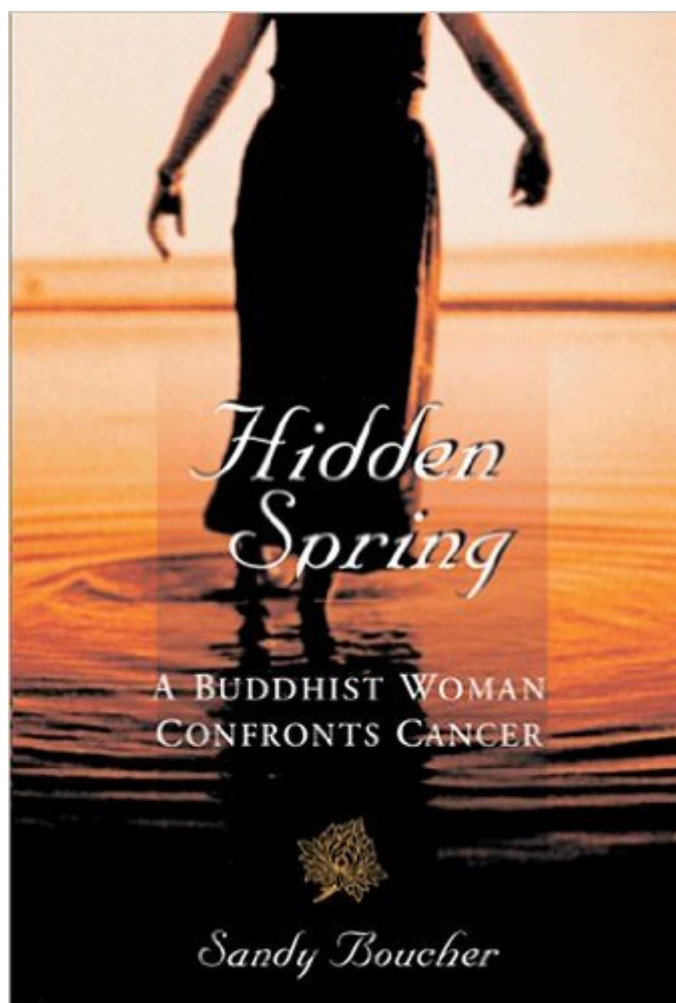


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# Hidden Spring: A Buddhist Woman Confronts Cancer



## 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

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Product Dimensions: 6 x 0.7 x 9 inches

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

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #938,935 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal](#) #3157 in [Books > Christian Books & Bibles > Christian Living > Women's Issues](#) #4859 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#)

## Customer Reviews

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.

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