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Autore	Johns Christopher
Titolo	Being mindful, easing suffering [[electronic resource]] : reflections on palliative care / / Christopher Johns
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Nota di contenuto	Being Mindful, Easing Suffering: Reflections on Palliative Care; Contents; Preface; Acknowledgements; Part 1 Mindful practice; Part 2 Being mindful, easing suffering: The narrative; Part 3 Postscript: Reflections from a Buddhist perspective; Appendix 1: The Being available template; Appendix 2: Glossary of drugs; References; Subject Index; Author Index
Sommario/riassunto	The author describes how he has combined traditional medical and more reflective models in his palliative practice, enabling him to work mindfully to alleviate physical and non-physical pain and suffering throughout the health-illness cycle. This is an essential resource for professionals working with the seriously ill and the dying.