



THE INSTITUTE FOR THE STUDY
OF HEALTH AND ILLNESS
at COMMONWEAL

BOOKS

**MY GRANDFATHER'S BLESSINGS: STORIES OF
STRENGTH, REFUGE, AND BELONGING**

Rachel Naomi Remen, M.D.

New York: Riverhead Books, 2000

Paperback \$15.00

Dr. Rachel Naomi Remen, a cancer physician and master storyteller, uses her luminous stories to remind us of the power of our kindness and the joy of being alive. Dr. Remen's grandfather, an orthodox rabbi and scholar of the Kaballah, saw life as a web of connection and knew that everyone belonged to him, and that he belonged to everyone. He taught her that blessing one another is what fills our emptiness and heals the loneliness in us all. Life has given us many more blessings than we have allowed ourselves to receive. My Grandfather's Blessings is about how we can receive our blessings and share life's blessings with others. Through our blessings we will discover our own wholeness and the way to restore the hidden wholeness in the world.

WOUNDED HEALERS

Edited by Rachel Naomi Remen, M.D.

Mill Valley, Wounded Healer Press, 1994/ \$11.95

This collection of poetry written by people who have had cancer, and by their friends, families and health professionals, offers professionals and the public another perspective on the meaning of life-threatening illness.

KITCHEN TABLE WISDOM: STORIES THAT HEAL

Special 10th Anniversary Edition

Rachel Naomi Remen, M.D.

New York: Riverhead Books, 2006

Paperback \$16.00

In this New York Times bestseller, Dr. Remen addresses all of the spiritual issues; suffering, meaning, love, faith, mystery and miracles with the simplicity and absolute authority of one who has long occupied a front row seat on life as a patient and physician. "Everybody is a story," writes Dr. Remen in her introduction. "When I was a child, people sat around the kitchen tables and told their stories. We don't do that so much anymore. Sitting around the table telling stories is not just a way of passing time. It is the way wisdom gets passed along. Despite the awesome powers of technology many of us still do not live very well. We may need to listen to one another's stories again."

**CHOICES IN HEALING: INTEGRATING THE BEST OF
CONVENTIONAL AND COMPLEMENTARY
APPROACHES TO CANCER**

Michael Lerner, Ph.D.

Cambridge: MIT Press, 1994/ \$17.50

This comprehensive book covers choices in healing, mainstream therapies, complementary therapies, pain therapies, with major sections on spiritual, pharmacological, nutritional, and various specific unconventional treatments.

SINGLE AUDIOTAPES

**MEDICAL EDUCATION FOR COMPASSION AND
SERVICE**

Rachel Naomi Remen, M.D./ \$10.00

**THE DOCTOR AND THE SOUL: A CONVERSATION AT
GRACE CATHEDRAL**

Rachel Naomi Remen, M.D./ \$10.00

INITIATION: THE GIFT OF NEW EYES

Rachel Naomi Remen, M.D./ \$10.00

SPIRIT OF THE TIMES WITH MICHAEL TOMS

Wisdom Radio/ \$14.95

An interview with Rachel Naomi Remen, M.D.
on Spirit and Service

THE POWER OF SERVICE TO HEAL THE PHYSICIAN

Rachel Naomi Remen, M.D./ \$10.00

LIVING WELL, DYING WELL

Rachel Naomi Remen, M.D./ \$10.00

WISDOM OF THE SOUL

Rachel Naomi Remen, M.D.

a New Dimensions Production/ \$10.00

BEYOND PERFECTION

Rachel Naomi Remen, M.D./ \$10.00

AUDIOTAPE SETS

THE WILL TO LIVE AND OTHER MYSTERIES

Rachel Naomi Remen, M.D.

A Sounds True Production, 2001

2 cassettes/ \$19.95, CD/ \$24.95

(please see description under Videos)

FINAL WISDOM: WHAT THE DYING CAN TEACH US ABOUT LIVING

Rachel Naomi Remen, M.D.

a Sounds True Production / \$16.95

What does death have to teach us about life?

Everything, says Dr. Rachel Naomi Remen. The view from the edge of life is often far clearer and wiser than our own. In Final Wisdom, Dr. Remen shares what she has learned from people facing death about what really matters—and what does not.

TRADECRAFT OF THE COMMONWEAL CANCER HELP PROGRAM

Edited by Rachel Naomi Remen, M.D./ \$85.00

This set of 8 audiotapes and the accompanying reader outlines the innovative strategies of the Commonweal Cancer Help Program in a series of personal interviews with senior staff. Useful for anyone wishing to establish ongoing support groups, workshops or transformative retreats for people with life threatening illness.

BEYOND CURE: FOUR TALKS ON HEALING FOR HEALTH PROFESSIONALS

Rachel Naomi Remen, M.D./ \$40.00

This set of 4 audio tapes contains the following 4 talks:

- The Psychology of Wholeness: A Perspective on Psychological Process in Ill People
- The Medicine of Wholeness: The Importance of the Intuitive in Illness and Recovery
- The Professional and the Soul: The Spiritual Dimension of Mind-Body Health
- The Creative Use of Illness: A Viewpoint on Healers and Healing

HEALING THE HEART AND SOUL OF THE HEALTH PROFESSIONAL

Rachel Naomi Remen, M.D./ \$39.00

This set of 3 tapes explains that the process by which we are trained to professional expertise often wounds our hearts, our souls and diminishes our wholeness. Yet only whole people can serve the wholeness in others. Join Dr. Rachel Naomi Remen in exploring your own experience of loving service and reclaiming your sense of the Mystery and holiness of your work. Through meditations and other exercises, this talk shows a way to go beyond professional expertise and recommit to the service dimension of your work, whatever that work may be.

VIDEOTAPES

MEDICAL EDUCATION FOR COMPASSION AND SERVICE

Rachel Naomi Remen, M.D./ \$24.95

Compassion is the antecedent of all genuine Service. Yet much in our medical training diminishes the innate compassion of our students and young physicians. Dr. Rachel Naomi Remen discusses some of the innovative approaches from her year 1 UCSF School of Medicine course, The Healer's Art, that enables students to remember and strengthen their compassion and their commitment to the service of life.

THE WILL TO LIVE AND OTHER MYSTERIES

Rachel Naomi Remen, M.D./ \$24.95

Science has defined life in ways that are too small. Life is mysterious, filled with happenings we can witness but can never explain. Drawing on her 25 years' experience as a doctor to people with life-threatening illness and her personal experiences with chronic illness, Dr. Rachel Naomi Remen shares stories of that mysterious force, the will to live, helping us to recognize and trust it, and to strengthen the life in ourselves and in each other.

VIDEOTAPES CONT'D.

THE LIFE FORCE

INITIATION: THE GIFT OF NEW EYES

Rachel Naomi Remen, M.D./ \$24.95

Rachel Naomi Remen, M.D.
a Thinking Allowed Production/ \$34.95

Part 1 - Embracing Life: Dr. Remen highlights the awe and power of the life force that enables thin blades of grass to grow up through concrete sidewalks. She emphasizes that we cut ourselves off from the power of the life force within us when we edit ourselves in accordance with the approval and disapproval of others. The life force, which is the basis of authentic healing, is our birthright as human beings. It functions independently of any expertise we have.

Part 2 - Mystery and Awe: Dr. Remen suggests that the life force becomes available to us when we open ourselves up to the mystery of being. The boundary between life and death is a mystery beyond the knowledge of either science or religious dogma. The mystery reveals itself to us when we embrace the fullness of life as it is, rather than as we want it to be.

There are moments in life when nothing has changed and everything is different, moments when we are given new eyes. In such initiations, we inhabit an expanded reality and find we have always belonged there. Dr. Remen tells us stories of endings, beginnings, readiness, awakening and freedom.

WOUNDED HEALERS

Ambrose Video Publications/ \$29.95

This program presents the Commonwealth Cancer Help Program as documented by Bill Moyer's award winning PBS series "Healing and the Mind".