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# Lightning At The Gate



## Synopsis

Jeanne Achterberg is an internationally known authority on the use of imagery to heal the body. She is best known for developing the technique known as guided visualization, and she was recently featured in Time magazine as one of the top innovators in the field of alternative medicine. In 1999 she was diagnosed with ocular melanoma, a rare and often deadly form of cancer of the eye. *Lightning at the Gate* is the remarkable story of her illness and healing—a deeply personal memoir that is at turns haunting, humorous, biting, and exhilarating. This engaging and entertaining book demonstrates how a combination of critical thought, creativity, inner vision, and friendship can lead to profound healing. In *Lightning at the Gate*, Achterberg writes, "The only way one stays alive after a serious diagnosis of cancer is to find one's vision." This captivating memoir documents her process of doing just that. Choosing to view her cancer as a metaphor, she draws on dreamwork, shamanism, healing imagery, prayer, rituals, songs, immune-stimulation therapy, and the loving care of friends to cure her illness. *Lightning at the Gate* ends in affirming Achterberg's core belief that we are healed not by medicine but by the bonds we create with each other: care, love, trust, hope, belief, and all the other invisible facets that have lost favor in modern health care. Readers will benefit from seeing how a leader in alternative medicine approaches her own illness: how she weighs the information and choices presented to her by the Western medical establishment; how she advocates for herself; and how she finds her own, individual path back to health. *Lightning at the Gate* also offers fascinating first-hand accounts of cutting-edge alternative therapies. Also included is a valuable resource section listing books, websites, and organizations offering information on holistic methods of healing. This book is sure to become a must-read for anyone interested in alternative medicine and the healing arts.

## Book Information

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## Customer Reviews

Dr. Achterberg annoys the Hell out of me. I have what she has, Choroidal Melanoma -- eye cancer. While I find her other work on imagery quite useful, in this book, she comes across as a total flake prone to hyperbole. Every headache she has is "the worst of the century," every girlfriend she has is seeming super-human and always available to her; her marriage is bizarre and her kids are a mess, although one apparently has "movie-star" good looks. The targeted plaque radiation therapy I had she refers to as "burning out the eye." Proton beam treatment, available at several hospitals, she mistakenly lists as "only available at 3 nuclear reactors." Huh? What is your PhD in again? Those readers looking for a genuine road map of alternative therapies will be discouraged by the text, which contains no footnotes, but should. There is a resource list in the back of the book, but most of us would find it difficult to follow exactly in her path. Dr. Achterberg has the professional connections and financial means to spend a week at this spa or that hotel, order up custom mistletoe injections from Germany, boatloads of supplements from their sources, and can just ring up "Andy" Weil or Carl Simonton for free consults. NONE of that is even remotely accessible to us other few thousand CM survivors working with insurance referral networks and co-pays. Find yourself an ocular oncologist, which seem to number about one or two per state. Check out the eye cancer sites, and the CM yahoo group for survivor recommendations, and get your radiation or other conventional treatment done, then go get an MRI every 6 mos for a few years. Yes, you should revamp your diet -- I recommend "The New American Plate Cookbook" and "Anti-Cancer," both from . Yes, you should exercise.

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