



# Books Worth Reading

## Make Your Own Hope For Your Own Good Health

(NAPSA)—Can grief and loss of hope depress the immune system and allow cancer to grow?

On the brink of her 40th birthday, author of *The Immune Spirit: A Story of Love, Loss and Healing* (HCI, Sept. 2001, \$12.95), Susan Ryan Jordan, heard the dreaded words “You have breast cancer.”

*“The Immune Spirit brought tears to my eyes and a smile to my lips. Read and learn . . .”*

—Bernie Siegel, M.D.  
author of *Love, Medicine and Miracles*  
and *Prescriptions for Living*

### The Immune Spirit

A STORY  
OF LOVE,  
LOSS  
AND  
HEALING

ONE WOMEN'S TRIUMPH OVER BREAST CANCER  
BY THE MOTHER OF MEG RYAN

SUSAN RYAN JORDAN 

**A new book shows how one woman found the strength within herself to overcome cancer.**

In shock over what she thought was a certain death sentence, Jordan discovered a hopeful message in a book one of her doctors gave her: a strong spirit, positive thoughts and a will to live can reverse the course of a catastrophic illness. Faced with a life-threatening illness, she found her own way back to health by facing her fears and weaknesses and resolving to fight for her hope and happiness.

Although Jordan also shares the personal details about her painful split with her daughter, actress Meg Ryan, this is a book of hope, suggesting that true healing and peace may be within everyone's reach.

It's available at bookstores and from the publisher at (800) 441-5569 or [www.hci-online.com](http://www.hci-online.com).