

Dancing Through Cancer



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Reviews

It is straightforward in read through preferable to fully grasp. It is really simplistic but excitement in the 50 percent of the pdf. Your life span will be enhance once you comprehensive looking at this pdf.
(Jorge Hammes)

DANCING THROUGH CANCER

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. You have lung cancer. My surgeon had just called to tell me this after reading my chest x-ray taken in preparation for a scheduled breast lumpectomy. I remember standing all alone in my condo holding the phone, in shock, having my first out-of-body experience, thinking this isn't real, this isn't happening to me! I am a non-smoker, there was no family history of lung cancer, and I had always lived a healthy lifestyle (or so I thought). In this book, I share with you all the (shocking) lung cancer facts that I have learned. There are numerous posts on nutrition espousing the importance of eating a plant-based, sugar-free diet for prevention and healing. I discuss stress management, risk-taking, alternative healing modalities, and the joys of travel. I share my experiences dealing with medical/surgical treatments, and managing medication side effects. I also share my fears and challenges, my feelings and values. I offer my learnings and coachable moments. I delve into my spiritual quest and share my thoughts on death and dying. I acknowledge my wonderful support system and how important they are in helping me get through it all. Mostly I explain why and how I am Dancing Through Cancer. This book will be helpful to cancer patients, their caregivers, and to anyone who wants to learn how to prevent cancer from happening to them.

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