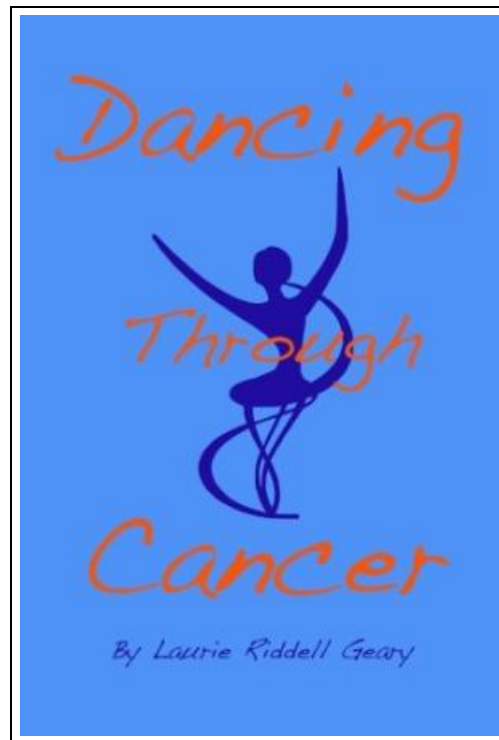


## Dancing Through Cancer



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## 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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