

## **Cancer: 50 Essential Things to Do: 2013 Edition**

Greg Anderson



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## Cancer: 50 Essential Things to Do: 2013 Edition

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#### **Cancer: 50 Essential Things to Do: 2013 Edition** Greg Anderson **The ground-breaking classic guide to surviving cancer?now completely updated!**

Revised and updated for the first time since 1999, this invaluable guide to cancer recovery offers an easily accessible plan for patients and family members. Written by a cancer survivor, the book is an inspiring, action-oriented roadmap for those who choose to adopt a stance of hope and take charge of their diagnosis.

With penetrating insights that bring together more than two decades of scientifically supported research and experience, Anderson reveals a step-by-step holistic action plan that has been successfully employed by hundreds of thousands of cancer patients worldwide. Anderson's message is: ?You must not simply treat illness, you must also create wellness?physically, emotionally and spiritually.?

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