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Surviving Cancer: One Woman's Story and Her Inspiring Program for Anyone Facing a Cancer Diagnosis

By Margie Levine

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2001. Paperback. Book Condition: New. 201 x 130 mm. Language: English . Brand New Book. When cancer specialists at Boston's internationally renowned Dana-Farber Cancer Institute diagnosed Margie Levine with a deadly asbestos-related lung cancer, they predicted that she had only six months to live. Refusing to give up hope, she chose an approach that combined state-of-the-art medicine with her own holistic program. Eleven years later, her mind/body regimen has evolved into a prescription for survival, and she has dedicated her life to sharing it with others. *Surviving Cancer* offers a practical, integrated way of self-healing, with advice on: Creating the best possible team of physicians and loved ones Maximizing nutrition, using veggie overdosing Ridding your cells of harbored anger with a six-point forgiveness program Using music to boost your immune system and fight pain Using visualization to make your own affirmation tape Building up endorphins by seeking joy Using creative meditation techniques Covering these topics and dozens more, *Surviving Cancer* is not only one woman's lifesaving testimony, it's a plan for finding rejuvenation in every new day.



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