



Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey

Kris Carr

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You are a Survivor from Day One

On the heels of the acclaimed Learning Channel documentary and best-selling survival guidebook *Crazy Sexy Cancer Tips* comes this survivor's companion. In *Crazy Sexy Cancer Tips* Kris Carr and her posse of Cancer Babes shared their wealth of insights, tricks, how-tos, and hell yeahs for living life with cancer. Now Kris invites all the Cancer Cowgirls (and dudes) out there to chat back and record their own journeys, with this beautifully illustrated, full-color go-anywhere companion.

Pairing Kris's signature sass and smart, soulful, *real* advice with thoughtful exercises, new contributors, and ample space for writing and reflecting, *Crazy Sexy Cancer Survivor* reaffirms that it is possible to live a real, fun, crazy, sexy life with cancer. Kris shares her wit and wisdom on everything from food and exercise to make-up, meditation, spirituality, dreams, planning for today (and the future), and much, much more.

The user-friendly trim size and flexible-cover format meanwhile ensure that this incomparable blend of informative pocket companion and journal can go anywhere?brightening up those hours in hospital waiting rooms, at home, or spent out in the big, wide, wonderful world putting into practice that most precious truth: healing is about truly living.

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Ramona Wrenn:

As people who live in often the modest era should be up-date about what going on or data even knowledge to make these people keep up with the era and that is always change and advance. Some of you maybe may update themselves by reading through books. It is a good choice for you personally but the problems coming to you is you don't know what kind you should start with. This Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Wesley Powell:

Now a day people that Living in the era everywhere everything reachable by connect to the internet and the resources included can be true or not require people to be aware of each details they get. How many people to be smart in getting any information nowadays? Of course the reply is reading a book. Reading through a book can help folks out of this uncertainty Information particularly this Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey book since this book offers you rich info and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you know.

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