



Cancer: 50 Essential Things to Do: Third Edition

Greg Anderson

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This definitive guide, revised and updated with over 25% new material, empowers cancer patients and their loved ones to move beyond their disease. **Greg Anderson**, a cancer survivor, has designed this book for the recently diagnosed, those with recurring symptoms, and those who are well but have a lingering fear that the disease may strike again. Informative and inspiring, **Cancer: 50 Essential Things to Do** goes hand-in-hand with the patient's medical treatment and is an invaluable roadmap to recovery. Filled with practical, healing "action steps" that have been used by thousands of cancer survivors, the revised edition also contains important new information--including recently approved medical treatment options, updated cancer research, and Internet resources--geared toward making sense of the fast-changing world of cancer treatment and recovery.

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