



Transformation: Creating an Exceptional Life in the Face of Cancer

GALE O'BRIEN

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Transformation: Creating an Exceptional Life in the Face of Cancer begins by walking you through the author's unexpected journey through cancer. It then delves into how setting an intention to live can change the course of your survival. Finally, this book provides **helpful strategies** and opens the door to living an exceptional life after serious illness. This book will teach you how to:

- * **Set an intention to live** and renew it every day.
- * Get healthy in your **relationships**.
- * Feed your body **exceptional food**.
- * **Find more time** for yourself and your loved ones.
- * **Stay connected** to others during an illness.
- * Let go of your **emotional repression**.
- * Conquer your **fear of dying**.
- * Change your **perceptions and attitude** toward illness.
- * Live with **passion and purpose**.
- * Give yourself **permission to start living life** fully engaged.

Taken together and practiced, **these ten steps** will transform your life and take you from stress and despair to joy and fulfillment.



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Susan Ford:

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Ryan Parker:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book is usually option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the guide untitled Transformation: Creating an Exceptional Life in the Face of Cancer can be great book to read. May be it could be best activity to you.

Jason Wahl:

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