



# 100 Perks of Having Cancer: Plus 100 Health Tips for Surviving It!

*Florence Strang, Susan Gonzalez*

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While the authors recognize that cancer is certainly no laughing matter, both cancer survivors set out to remind readers that no matter how bad one's life circumstances may be, there are always reasons to smile - and steps that can be taken to improve one's health, outlook, and prognosis. Containing many healthy-living tips to promote healing of the body as well as healing the mind and soul.

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