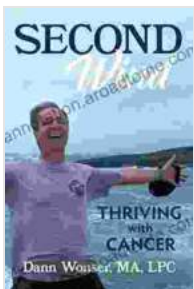


Embrace Empowerment: Thriving with Cancer in Second Wind

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When life throws us a curveball in the form of cancer, it can feel like the ground beneath our feet is crumbling. Fear, uncertainty, and a sense of powerlessness can overwhelm us. But what if there was a way to reclaim control, to navigate this tempestuous journey with strength and resilience?



Second Wind: Thriving With Cancer by Dann Wonser

★★★★☆ 4.7 out of 5

Language : English
File size : 28839 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 255 pages
Lending : Enabled



In her groundbreaking book, *Second Wind: Thriving With Cancer*, renowned author and cancer survivor, Dr. Susan Love, offers a profound guide to empowering ourselves amidst the challenges of cancer. With her signature blend of scientific knowledge, personal experience, and compassionate insight, Dr. Love empowers readers to take charge of their health, redefine their relationship with the disease, and discover a newfound purpose in life.

Beyond Survival: The Essence of Thriving

American Institute for Cancer Research

Healthy Living Tips For Cancer Survivors

The same evidence-based guidelines that help prevent cancer also **help reduce risk of cancer recurrence** and other non-communicable diseases.

Follow the New American Plate Model

Fill 2/3 or more of your plate with colorful plant-based foods: vegetables, fruits, whole grains, beans, nuts, and seeds.

Fill 1/3 or less of your plate with animal-based foods, such as poultry, fish, eggs, and dairy.

THINGS TO AVOID

- Avoid Processed Meats**
Some cold cuts, hot dogs, sausage, ham, and corn dogs for special occasions.
- Avoid Alcohol**
If you choose to drink, do not exceed the national guidelines.
- Avoid Sugar-Sweetened Drinks**
Diet, regular, and fruit-flavored drinks.

Getting and Staying Active

Physical activity is safe and beneficial for cancer survivors both during and after treatment.

Aim for at least 30 minutes of physical activity per day and go at your own pace. It can be as simple as taking a 15-minute walk in the morning and in the evening.

Before you start exercising, ask your oncology professional about your cellular health.

Maintain a Healthy Weight

Overweight Choose healthy foods like vegetables, fruits, whole grains, beans, and nuts, and limit added sugars and fats.

Underweight Choose healthy, higher-calorie foods and incorporate plant-based proteins. Add frequent meals to your diet to get back to a healthy weight.

Diets that are **high in added sugars** can lead to **weight gain** and **increased risk of cancer recurrence**. Talk to your oncology professional about your cellular health.

Visit www.aicr.org to assess your lifestyle habits using our Cancer Health Check. Talk with your oncologist, dietitian or other health professional to create an individualized plan that best suits your health needs.

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Dr. Love challenges the traditional paradigm of cancer as a battle that must be won or lost. Instead, she invites us to embrace a holistic approach that focuses not just on physical well-being but also on emotional, spiritual, and social vitality. She believes that true thriving lies in finding meaning and purpose amidst the adversity, in cultivating a sense of growth and renewal.

Empowerment Through Knowledge

Knowledge is power, and when it comes to cancer, that power can be transformative. Dr. Love empowers readers with a comprehensive understanding of the disease, its treatments, and the latest advancements in medical research. She provides clear and accessible explanations of complex concepts, enabling readers to make informed decisions about their care and advocate for their needs.

Navigating the Emotional Journey

Cancer is not just a physical ailment; it can also take an immense emotional toll. Dr. Love addresses the spectrum of emotions that accompany a cancer diagnosis, from fear and anger to sadness and hope. She offers practical strategies for coping with these emotions, building resilience, and fostering a healthy mindset.

Discovering a New Purpose

For many, a cancer diagnosis can be a catalyst for reevaluating their priorities and finding a deeper purpose in life. Dr. Love explores the transformative potential of this experience, encouraging readers to explore their passions, pursue meaningful activities, and make a positive impact on the world.

A Community of Support

No one should face cancer alone. Dr. Love emphasizes the importance of building a strong support system, whether it be through family, friends, support groups, or online communities. She provides invaluable advice on

connecting with others who understand the challenges and triumphs of living with cancer.

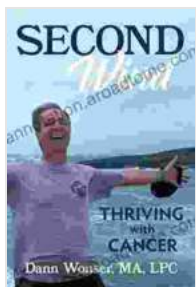
Case Studies of Triumph

Throughout the book, Dr. Love shares inspiring stories of cancer survivors who have embraced the principles of thriving. These stories serve as a testament to the resilience of the human spirit and the transformative power of hope.

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Second Wind: Thriving With Cancer is an empowering and transformative guide for anyone navigating the challenges of cancer. Dr. Susan Love empowers readers to reclaim control, embrace a holistic approach to well-being, and discover a newfound purpose in life. By fostering knowledge, resilience, and a sense of community, this book provides an invaluable roadmap for thriving beyond survival.

Embrace the second wind of your life and embark on a journey of empowerment, resilience, and purpose. Let Dr. Susan Love be your guide as you navigate the challenges of cancer and discover the transformative power within you.



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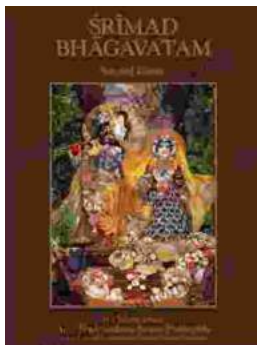
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