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There are more than 13 million cancer survivors in the United States who, although they have finished treatment, often live in fear of recurrence. The Definitive Guide to Thriving After Cancer combats that fear by teaching readers not just how to survive, but how to thrive after cancer. The authors' integrative health plan, Five to Thrive, combines both natural and conventional healing methods to support and enhance five critical pathways to better health: immune, inflammation, insulin ...

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A companion to The Definitive Guide to Cancer, this practical and fully revised guide (formerly titled Five to Thrive) outlines a five-step plan integrating both conventional and alternative therapies for cancer survivors. You Have the Power to Thrive.

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This comprehensive guide delivers informed hope along with effective tools for reclaiming your vitality in the midst of cancer treatment, healing, and recovery. When you or a loved one is faced with a cancer diagnosis, the need for accurate and trusted medical information becomes urgent. Naturopathic physician Lise N. Alschuler and medical journalist Karolyn A. Gazella present an overview of what cancer is, its causes and preventative strategies, an in-depth approach to integrative treatment options, descriptions of key body functions, and discussions of more than twenty specific cancers. *The Definitive Guide to Cancer*, now in its third edition, encourages you to take an integrative approach that embraces both alternative and conventional therapies across the spectrum of cancer prevention, treatment, and healing.

Focuses upon the impact of diet, lifestyle, and dietary supplements on the prevention of cancer. Uses the fascinating science of epigenetics to describe five key pathways.

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The Token Woman is an entertaining how-to filled with practical, helpful tips on becoming an effective sales leader. If you have ever aspired to be a kick-ass, successful woman in sales leadership - or a person who supports them - buy this book and open these covers, fast. Cheryl Stookes began her career as an inside salesperson and earned her way to senior leadership positions in the North American technology industry. The lessons she shares are applicable to any sales-oriented career. Find out how to become (and spot) a Unicorn, avoid becoming a Super Solver, and how to address The Elephant in the Room. Rise to the top by Hiring Carefully, Firing Respectfully. And by being The Steady Hand on the Wheel. Stookes shares fresh, true experiences - the good, the bad, and the ugly tears (see Chapter 7). This could be the most useful, most entertaining business book you will ever read.

Disruption is changing the playing field - keep your successful business on top Thriving businesses on top of their game are targets for disruption. But for savvy business owners and managers who understand the coming changes, the time to future-proof their successful companies is now. Following over a decade of research into future trends, business reinvention and disruptive innovation, author Michael McQueen presents How to Prepare Now for What's Next, a blueprint for top companies to thrive in turbulent times. McQueen brings rare insight to the topic of business disruption. The book first explores the notion of disruption itself, and confirms that the term is much more than just guru-speak. The book outlines the four primary forms of disruption that McQueen sees playing out over the next 5-10 years, and quickly moves on to the in-depth tools, tips and techniques that healthy businesses will need to stay on top. Use a simple tool to assess just how vulnerable to disruption your company is Read case studies, research and trend reports that highlight real-world examples to complement the book's concepts Understand the four forms of disruption, namely widescale automation, empowered consumers, unconventional competition and emerging generations Apply the 9 keys to future-proof your business against disruption and make it impervious to change The time to act is now for the businesses who want to keep their edge, and How to Prepare Now for What's Next is the guide to continue thriving.

It can take less than a minute to get fired. Less than a minute to hear the words that change your life as you've known it. You're stunned, shocked, humiliated-because your career has defined your life and you've been blindsided. You're a company Loyalist with a capital L, and you've been sucker punched professionally. How do you even talk about this? Countless books focus on leadership and resilience, but none of them take you through what actually happens to women leaders who are suddenly let go, or who endure untenable circumstances and ultimately fire themselves. None of them take you, step by step, through the emotional process of acceptance and beginning again. And that's where Involuntary Exit comes in. With advice for every unexpected twist, turn, and emotional trigger, this book is based on author

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Robin Merle's experience at the top of billion-dollar organizations, as well as her interviews with accomplished women who were suddenly severed from their organizations and navigated their way back to success. The real-life examples she offers in these pages prove that you're not alone—and that you, too, will get through this. Whether you've been fired or need to move on, Involuntary Exit will help you rediscover your value and emerge as a stronger leader on your own terms.

This light hearted book on a very serious topic will make you laugh out loud. It will give you a road map to success in getting diagnosed, finding doctors and working with medication. It will give you concrete ideas on ways to manage your cycles, emotions and energy to work smarter, not harder. It will help you prioritize so you can be happy and successful living your life exactly the way you want to live it. It will help you not only survive but thrive even with mental illness.

This book draws upon resilience research and best practices to answer the question: 'How can leaders move ahead in the face of adversity?' and aims to help leaders thrive in the face of adversity.

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