



## How Love Heals: Be A Colorectal Cancer Survivor

*Alexia Parks*

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For the cancer survivor the toughest yet easiest path is 100% pure acceptance of not only their condition, but of life in general. Acceptance is the key. At first this may sound kind of strange and paradoxical, but the non-resistance through acceptance and surrender is, in a way, love itself. And there is another paradox. The very lifestyle changes that are needed for recovery are also used for the prevention of cancer. While these changes may seem simple, the act of integrating them into your daily life is far more complex. That's where this book comes in. Use it as a trusted guide to show you not only the most effective ways to make change, but what happens INSIDE your body when you do. The guidelines in this book will help both you, the cancer survivor, AND those who are supporting you on your healing journey. The methods are fun and easy to learn. Each year, more than 11 million people survive a diagnosis and treatment of cancer. You need to know what they know, and discover what lifestyle changes they made, that you also may need to make. Be a cancer survivor! As you regain your health you will do more than survive. You will thrive with a renewed sense of Well Being.



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