



Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer

Leigh Fortson

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After her third cancer diagnosis in three years, Leigh Fortson was given few options by her doctors and little hope for a bright future. For weeks, she mourned the life she thought she was losing—until she was introduced to an idea that changed everything: our thoughts and emotions influence every cell in our body.

This revelation gave her the hope that would begin her journey to becoming cancer-free and more joyful than she had ever been before. *Embrace, Release, Heal* shares her inspirational story and the fruits of her research in one empowering book.

Created to help anyone whose life has been affected by cancer, this in-depth resource offers interviews with both allopathic and integrative medical experts; remarkable accounts from people who transcended "terminal cancer" and are now thriving, snapshots of progressive treatment techniques; and insights into other key factors that can affect well-being—including thoughts, emotions, and diet.

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Your reading sixth sense will not betray anyone, why because this Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer reserve written by well-known writer we are excited for well how to make book which might be understand by anyone who also read the book. Written within good manner for you, still dripping wet every ideas and producing skill only for eliminate your own personal hunger then you still skepticism Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer as good book not only by the cover but also from the content. This is one guide that can break don't ascertain book by its deal with, so do you still needing yet another sixth sense to pick that!? Oh come on your examining sixth sense already told you so why you have to listening to yet another sixth sense.

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