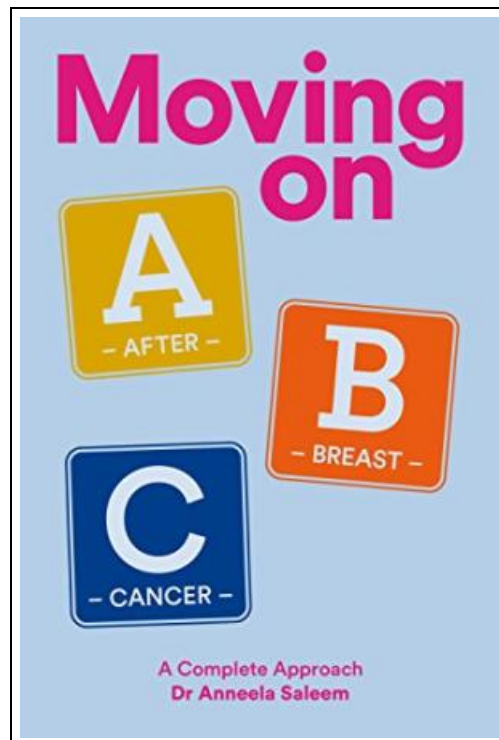


Moving on ABC After Breast Cancer: A Complete Approach by Dr Anneela Saleem (Hardback)



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Reviews

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MOVING ON ABC AFTER BREAST CANCER: A COMPLETE APPROACH BY DR ANNEELA SALEEM (HARDBACK)



Anneela Saleem, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Most cancer survivors share certain experiences. Sadly, it can be all too easy for cancer survivors to be held back by anxiety and fears, and to struggle to regain their confidence and self-esteem. I have written this book to help those that are struggling after breast cancer and to pass on what I can through my own experiences and knowledge as a doctor for over twenty years .The title of the book, Moving on ABC After Breast Cancer encompasses the idea of needing some guidance and support for the difficulties you may face after breast cancer and its treatment. This is combined with advice on how to look good and how to nourish your mind, body and spirit in your own journey forward. Breast cancer can take an enormous toll on a woman s physical and emotional well being and will, in most cases, be proportional to the extent of her treatment. What happens next, to a large degree, depends on the individual s approach to the after-effects of cancer. We can try and forget it all, put it behind us, or we can embrace what has happened, accept it and move forward in a more focused and considered way. You may think why bother? But for many women, it is in their best interests to try and improve their diet, lifestyle and environment. Increasingly, there is more and more evidence to suggest that by making such changes, our risk of a breast cancer recurrence may be reduced. Healthy lifestyle choices can also help us to feel better both physically and emotionally right now. In this book I explore my own experience of breast cancer, and offer practical advice and support by looking...



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