



Before and After Cancer Treatment: Heal Faster, Better, Stronger (A Johns Hopkins Press Health Book)

Julie K. Silver

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A twelve-year cancer survivor and oncology rehabilitation specialist, Dr. Julie K. Silver wrote *After Cancer Treatment* to help others recover from the exhaustion and physical devastation that often follow treatment. This new edition of the book, retitled *Before and After Cancer Treatment*, describes improved therapies, better delivery of care, holistic care options, and energetics. In covering the benefits of prehabilitation strategies, which improve physical and emotional strength before beginning therapy, the book adds another dimension to the experience of cancer treatment. Dr. Silver fills this survivor-oriented book with exercise and diet recommendations as well as step-by-step instructions for fighting fatigue, monitoring mood, and overcoming setbacks. Readers are encouraged to set balanced goals, take time to heal, and consult both conventional and alternative medicine.

Most people will live for many years after their initial cancer diagnosis?often cured or in remission. Some will live with cancer as a chronic condition. The goal is always to live life to the fullest, which means feeling as strong as possible?physically and emotionally. Dr. Silver recommends daring to dream again and preparing for the future. Wherever they are in their own journey with cancer, readers will find here a personal, practical, and powerful guide to recovery.

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The particular book Before and After Cancer Treatment: Heal Faster, Better, Stronger (A Johns Hopkins Press Health Book) has a lot of information on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. The author makes some research ahead of write this book. This specific book very easy to read you can get the point easily after looking over this book.

Mike Costello:

Before and After Cancer Treatment: Heal Faster, Better, Stronger (A Johns Hopkins Press Health Book) can be one of your beginning books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort that will put every word into joy arrangement in writing Before and After Cancer Treatment: Heal Faster, Better, Stronger (A Johns Hopkins Press Health Book) yet doesn't forget the main level, giving the reader the hottest in addition to based confirm resource information that maybe you can be one of it. This great information could drawn you into fresh stage of crucial considering.

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