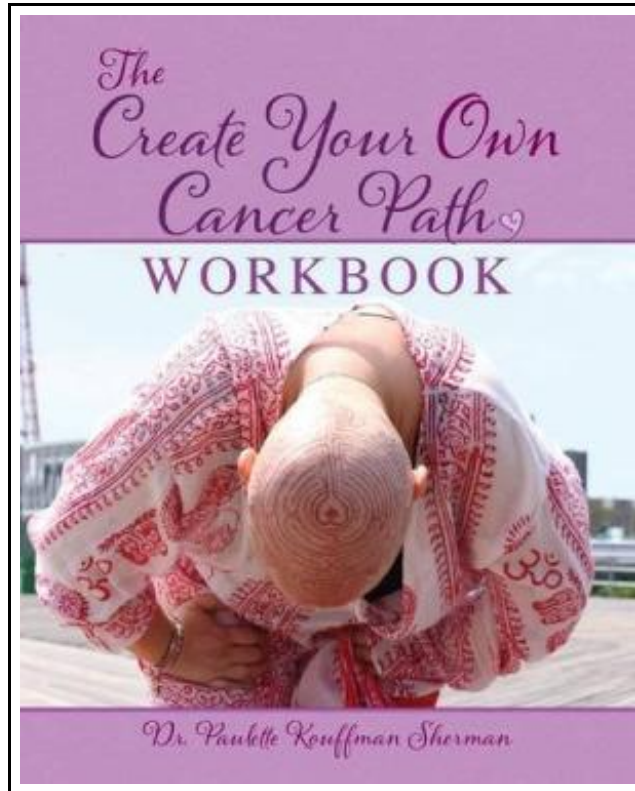


The Create Your Own Cancer Path Workbook



Filesize: 1.64 MB

Reviews

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THE CREATE YOUR OWN CANCER PATH WORKBOOK



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Parachute Jump Publishing. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.8in. x 8.0in. x 0.5in. The Create Your Own Cancer Path Workbook is a workbook to help cancer patients keep track of their personal experience and story as they go through a most challenging treatment year. It is a journal/workbook with ideas, springboards and exercises so that they can remember how they got through everything, what and who inspired them, the lessons they learned, and other personal notes. They can use this workbook as a template for writing and publishing their own story later, if they wish. This can also be a legacy for their children, grandchildren, and great-grand children to learn from their story. I found writing to be very therapeutic when I was going through treatment for breast cancer and research shows that there are many benefits to cancer patients from journaling and leaving a legacy behind. Becoming the heroine of your cancer story allows you to reflect on what you've learned, what worked and didn't work for you, where you could grow, the characters in your life and other relevant issues. It encourages you to take control over your life and story. This workbook has 38 exercises on the levels of mind, body, emotions and Spirit. You can use this workbook as your private space on your own or you can even start your own Create Your Own Cancer Path Workbook group with your cancer sisters! Let me know how you did. I wish you much love and healing, Paulette Kouffman Sherman thecancerpath. com This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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