



Crazy Sexy Cancer Tips

Kris Carr

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Actress and photographer Kris Carr thought she had a hangover, but a Jivamukti yoga class didn't provide its usual kick-ass cure. A visit to her doctor confirmed her "liver looked like Swiss cheese," covered with cancerous tumors. She entered trench warfare (wearing cowboy boots into the MRI machine, no less), vowing, "Cancer needed a makeover and I was just the gal to do it!" She began writing and filming her journey, documenting her interactions with friends, doctors, alternative "quacks," blind dates, and other women with cancer—sadly a growing group. CRAZY SEXY CANCER TIPS gathers the lessons learned and advice offered from Carr's own journey, as well as the experiences of her cancer posse. Full-color photos accompany personal stories and candid revelations in this scrapbook of advice, warnings, and resources for the cancer patient. Chapters cover your changing social life, dating, sex, and appearance; essential health tips on how to boost your immune system; recipes; medical and holistic resources; and information on young survivor support groups. The resulting book is a warm, yet informative tool for any woman newly diagnosed with the disease and for those who love them.

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