



## Fight4u2: A Guide for Those with Cancer or Chronic Illness (Paperback)

By Cheryl Merkel

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cheryl Merkel is a Stage IV breast cancer survivor. After she received her diagnosis, she went on a campaign to learn as much as possible about her illness and about how to be a healthier person. Since there were aspects of her lifestyle that may have contributed to her contracting cancer, she felt that changing those very things might have the potential to produce a more favorable prognosis than otherwise. She made many lifestyle changes in addition to undergoing more traditional medical treatments. She learned along the way that chronic illness does not have to be a one-way street. In Fight4u2, she shares the information that she has gathered and the experiences that she believes helped her reach remission in nine months. This book is divided into fifty sections, which describe the highlights of her journey through her cancer treatment. It is written in the manner that Cheryl would have appreciated the material when she was first diagnosed. It is quick, concise, and easy to comprehend. There are over two hundred helpful tidbits of information that will assist...

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