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In this companion to The Definitive Guide to Cancer, Alschuler and Gazella teach you not just how to survive, but also how to thrive after cancer by integrating the best of conventional, natural, and alternative cancer prevention therapies to support and enhance your body's five critical pathways. With simple, empowering daily actions that you can start today, it is the only program that provides the comprehensive approach needed for optimal health and recurrence prevention.

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There are more than 13 million cancer survivors in the United States who, although they have finished treatment, often live in fear of recurrence. The Definitive Guide to Thriving After Cancer combats that fear by teaching readers not just how to survive, but how to thrive after cancer. The authors' integrative health plan, Five to Thrive, combines both natural and conventional healing methods to support and enhance five critical pathways to better health: immune, inflammation, insulin ...

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Focuses upon the impact of diet, lifestyle, and dietary supplements on the prevention of cancer. Uses the fascinating science of epigenetics to describe five key pathways.

This comprehensive guide delivers informed hope along with effective tools for reclaiming your vitality in the midst of cancer treatment, healing, and recovery. When you or a loved one is faced with a cancer diagnosis, the need for accurate and trusted medical information becomes urgent. Naturopathic physician Lise N. Alschuler and medical journalist Karolyn A. Gazella present an overview of what cancer is, its causes and preventative strategies, an in-depth approach to integrative treatment options, descriptions of key body functions, and discussions of more than twenty specific cancers. The Definitive Guide to Cancer, now in its third edition, encourages you to take an integrative approach that embraces both alternative and conventional therapies across the spectrum of cancer prevention, treatment, and healing.

The Token Woman is an entertaining how-to filled with practical, helpful tips on becoming an effective sales leader. If you have ever aspired to be a kick-ass, successful woman in sales leadership – or a person who supports them – buy this book and open these covers, fast. Cheryl Stookes began her career as an inside salesperson and earned her way to senior leadership positions in the North American technology industry. The lessons she shares are applicable to any sales-oriented career. Find out how to become (and spot) a Unicorn, avoid becoming a Super Solver, and how to address The Elephant in the Room. Rise to the top by Hiring Carefully, Firing Respectfully. And by being The Steady Hand on the Wheel. Stookes shares fresh, true experiences – the good, the bad, and the ugly tears (see Chapter 7). This could be the most useful, most entertaining business book you will ever read.

Surveys of pastoral staff repeatedly show that senior or supervising pastors consistently rate their working relationships with their associate staff members higher than do the associate staff members. Satisfaction levels follow similar patterns. In many cases, supervisors are not aware of or attentive to the concerns of their staff, and yet, these staff members are critical to the success of the church. Supervising and Supporting Ministry Staff is a research-based guide to the senior/associate staff relationship that is filled with real-life stories and practical advice to help readers negotiate their staff relationships successfully. The book focuses not only on the business mechanics of the supervisor/supervisee relationship, but also the full experiences of the associate staff, including emotional and spiritual needs. This helpful resource addresses congregations of all sizes across denominations and discusses a range of supervisor/supervisee relationship types.

Disruption is changing the playing field – keep your successful business on top Thriving businesses on top of their game are targets for disruption. But for savvy business owners and managers who understand the coming changes, the time to future-proof their successful companies is now. Following over a decade of research into future trends, business reinvention and disruptive innovation, author Michael McQueen presents How to Prepare Now for What 's Next, a blueprint for top companies to thrive in turbulent times. McQueen brings rare insight to the topic of business disruption. The book first explores the notion of disruption itself, and confirms that the term is much more than just guru-speak. The book outlines the four primary forms of disruption that McQueen sees playing out over the next 5-10 years, and quickly moves on to the in-depth tools, tips and techniques that healthy businesses will need to stay on top. Use a simple tool to assess just how vulnerable to disruption your company is Read case studies, research and trend reports that highlight real-world examples to complement the book 's concepts Understand the four forms of disruption, namely widescale automation, empowered consumers, unconventional competition and emerging generations Apply the 9 keys to future-proof your business against disruption and make it impervious to change The time to act is now for the businesses who want to keep their edge, and How to Prepare Now for What 's Next is the guide to continue thriving.

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This light hearted book on a very serious topic will make you laugh out loud. It will give you a road map to success in getting diagnosed, finding doctors and working with medication. It will give you concrete ideas on ways to manage your cycles, emotions and energy to work smarter, not harder. It will help you prioritize so you can be happy and successful living your life exactly the way you want to live it. It will help you not only survive but thrive even with mental illness.

In Shine: A Girl's Guide to Thriving (Not Just Surviving) in Real Life, Mary Doherty and Siobhan Hackett have mined their experience as teachers and counsellors and, with feedback from their students past and present, have written a book to let every teenage girl know that they don't need to be the best at everything - they just need to be the best at being themselves. From coping with exam stress to examining negative thoughts, along with insights on body confidence and self-esteem, tips on how to deal with bullies (online and in real life), break-ups, sex, anxiety and including helpful advice for parents, Shine shows girls how they can shine from the inside out and navigate the teenage years by being confident, strong and independent. 'This book is for all the future movers and shakers, the dreamers, the poets, the athletes, the musicians, the healers, the brain surgeons, the mothers and the CEOs. Don't let the anxieties, worries, or doubts get you down. Allow yourself to do what you can do best: let yourself shine!'

This book draws upon resilience research and best practices to answer the question: 'How can leaders move ahead in the face of adversity?' and aims to help leaders thrive in the face of adversity.

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