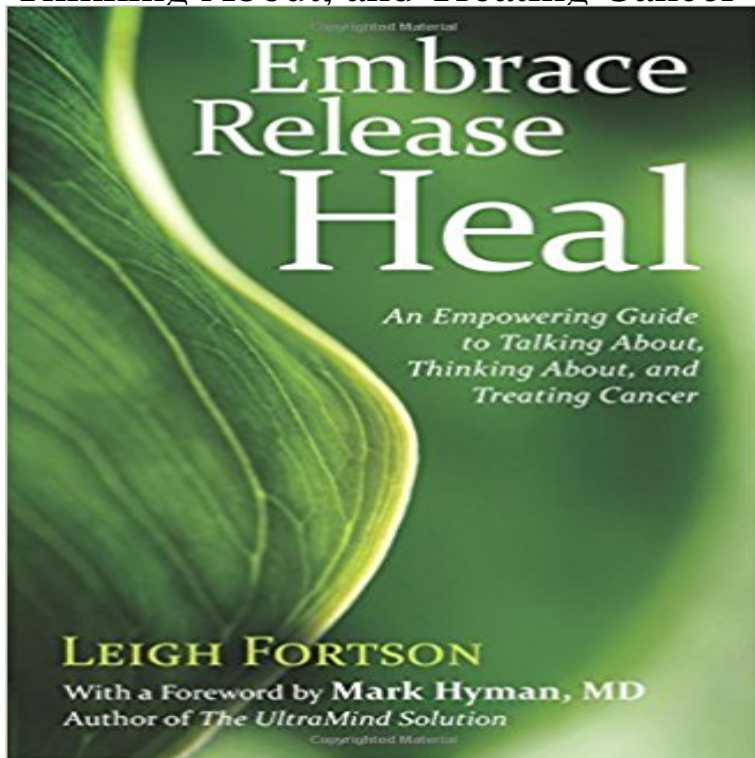


Embrace, Release, Heal: An Empowering Guide to Talking About, Thinking About, and Treating Cancer



After her third cancer diagnosis in three years, Leigh Fortson was given few options by her doctors and little hope for a bright future. For weeks, she mourned the life she thought she was losing?until she was introduced to an idea that changed everything: our thoughts and emotions influence every cell in our body. This revelation gave her the hope that would begin her journey to becoming cancer-free and more joyful than she had ever been before. Embrace, Release, Heal shares her inspirational story and the fruits of her research in one empowering book. Created to help anyone whose life has been affected by cancer, this in-depth resource offers interviews with both allopathic and integrative medical experts; remarkable accounts from people who transcended terminal cancer and are now thriving, snapshots of progressive treatment techniques; and insights into other key factors that can affect well-being?including thoughts, emotions, and diet.

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