



Thriver Soup: A Feast for Living Consciously During the Cancer Journey

Heidi Bright

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Cancer patients seeking to integrate meaningful spirituality with practical healing solutions can now feast on a comprehensive blend of self-care options. This book provides a variety of holistic strategies for cushioning chemotherapy and softening surgery while empowering readers to grow in consciousness. Each of more than 250 topics begins with an inspirational quote from one of the world's wisdom traditions, offers a story to foster self-care and personal transformation, and concludes with a useful tip. With passion, authenticity, and a dash of humor, this book courageously addresses medical topics such as "Finding Chemo," "Hair Pieces: Turbanator," and "Recovery: Master the Possibilities." Holistic care entries include "Nutrient Density: Thriver Soup," "Shadow Work: Dark Night Rises," and "Field of Dreams." Explore these restorative ingredients to enhance your nutritional choices, stimulate your creative juices, foster your personal powers to transform mentally and emotionally, and deepen your connection with others and the Divine.



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Thrivers Soup: A Feast for Living Consciously During the Cancer Journey can be one of your basic books that are good idea. Most of us recommend that straight away because this book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to set every word into pleasure arrangement in writing Thrivers Soup: A Feast for Living Consciously During the Cancer Journey nevertheless doesn't forget the main place, giving the reader the hottest as well as based confirm resource facts that maybe you can be among it. This great information may drawn you into brand-new stage of crucial pondering.

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