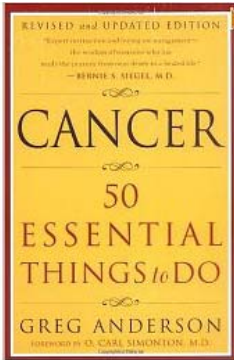




Inspirational

Cancer: 50 Essential Things to Do by Greg Anderson

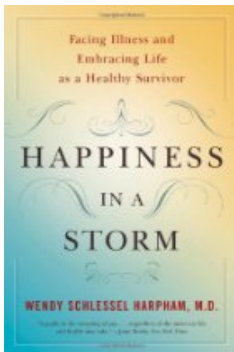
Amazon.com Product Description [ISBN 13: 9780452290105](https://www.amazon.com/dp/0312345678)



The ground-breaking classic guide to surviving cancer—now completely updated! Revised and updated for the first time since 1999, this invaluable guide to cancer recovery offers an easily accessible plan for patients and family members. Written by a cancer survivor, the book is an inspiring, action-oriented roadmap for those who choose to adopt a stance of hope and take charge of their diagnosis. With penetrating insights that bring together more than two decades of scientifically supported research and experience, Anderson reveals a step-by-step holistic action plan that has been successfully employed by hundreds of thousands of cancer patients worldwide. Anderson's message is: "You must not simply treat illness, you must also create wellness—physically, emotionally and spiritually."

Happiness in a Storm: Facing Illness and Embracing Life as a Healthy Survivor by Wendy Schlessel Harpham, M.D.

Amazon.com Product Description [ISBN 0393329054](https://www.amazon.com/dp/0393329054)

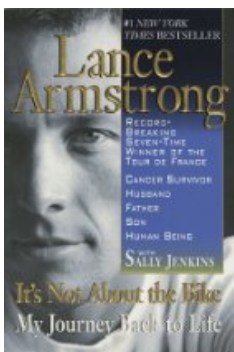


"A guide to the meaning of joy and satisfaction, and the many routes to them."—Jane Brody, *New York Times*

Award-winning author Wendy Schlessel Harpham, MD, offers her program to getting good care and finding happiness when you are sick. Having coined the term "Healthy Survivor" while dealing with her own chronic lymphoma, Harpham encourages people dealing with cancer, heart disease, diabetes, or any prolonged illness to simultaneously do all they can to overcome disease and live life to the fullest. Harpham opens our eyes to the opportuni-

It's Not About the Bike by Lance Armstrong

Amazon.com Product Description ([ISBN 0425179613](https://www.amazon.com/dp/0425179613))

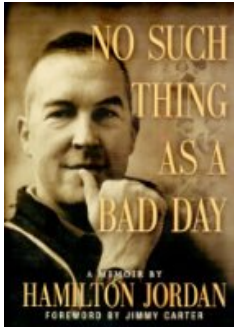


People around the world have found inspiration in the story of Lance Armstrong—a world-class athlete nearly struck down by cancer, only to recover and win the Tour de France, the multiday bicycle race famous for its grueling intensity. Armstrong is a thoroughgoing Texan jock, and the changes brought to his life by his illness are startling and powerful, but he's just not interested in wearing a hero suit. While his vocabulary is a bit on the he-man side (highest compliment to his wife: "she's a stud"), his actions will melt the most hard-bitten souls: a cancer foundation and benefit bike ride, his astonishing commitment to training that got him past countless hurdles, loyalty to the people and corporations that never gave up on him. There's serious medical detail here, which may not be for the faint of heart; from chemo to surgical procedures to his wife's in vitro fertilization, you won't be spared a single x-ray, IV drip, or unfortunate side effect. Athletes and coaches everywhere will benefit from the same extraordinary detail provided about his training sessions—every aching tendon, every rainy afternoon, and every small triumph during his long recovery is here in living color. *It's Not About the Bike* is the perfect title for this book about life, death, illness, family, setbacks, and triumphs, but not especially about the bike. —Jill Lightner

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Inspirational



No Such Thing as a Bad Day by Hamilton Jordan

Amazon.com Product Description ([ISBN 156352578X](https://www.amazon.com/dp/156352578X), Hardcover)

This book is the moving account of one man's successful battles against three cancers—non-Hodgkins lymphoma, melanoma, and prostate cancer—over a dozen years. In each fight for his life, Hamilton Jordan sought out the best treatment available. But this is not ultimately a story about medical miracles; it is a more powerful story of a patient beating cancer by taking charge of his own battle and becoming a full partner in his cure. Attitude and information are the critical keys, and the book concludes with a self-help section to show others how to follow his example.

Jordan weaves through his memoir fascinating episodes from a life in the public eye, including stories about Vietnam, Martin Luther King Jr., the Shah of Iran and the Ayatollah Khomeini (both of whom had cancer), and President Clinton. At the same time, he shows how battling cancer brings life into true perspective. As the title suggests, when you've faced the alternative, every day is a good day.