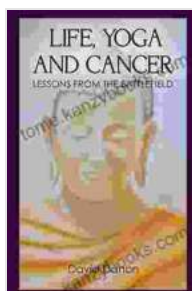


# Life, Yoga, and Cancer: Lessons from the Battlefield

In her new book, *Life, Yoga, and Cancer: Lessons from the Battlefield*, author and yoga instructor Susan G. Komen shares her inspiring journey of overcoming cancer through the power of yoga and meditation.

Diagnosed with breast cancer in 2002, Susan was given a 20% chance of survival. She underwent a double mastectomy, chemotherapy, and radiation therapy. During her treatment, Susan discovered yoga and meditation, which helped her to cope with the physical and emotional challenges of cancer.



## Life, Yoga and Cancer: Lessons From the Battlefield

by David Danon

★★★★☆ 4.9 out of 5

Language : English  
File size : 356 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 238 pages  
Lending : Enabled



In *Life, Yoga, and Cancer*, Susan shares her personal story and the lessons she learned about life, love, and loss. She also offers practical

advice on how to use yoga and meditation to heal the body, mind, and spirit.

### **What You'll Learn from *Life, Yoga, and Cancer***

- How to use yoga and meditation to cope with the physical and emotional challenges of cancer
- How to find hope and strength in the face of adversity
- How to live a full and meaningful life after cancer

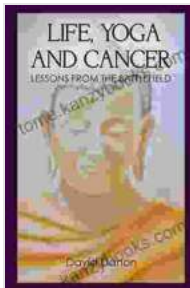
### **Endorsements**

"Susan Komen's book is a powerful and inspiring testament to the power of yoga and meditation. She shares her personal journey with cancer with honesty and vulnerability, and her insights will be helpful to anyone who is facing their own challenges." - Deepak Chopra, MD

"Susan Komen's book is a must-read for anyone who has been touched by cancer. Her story is both heartbreaking and hopeful, and her insights into the healing power of yoga and meditation are invaluable." - Elizabeth Lesser, co-founder of the Omega Institute

### **Free Download Your Copy Today**

*Life, Yoga, and Cancer: Lessons from the Battlefield* is available now on Our Book Library and other major booksellers. Free Download your copy today and start your journey to healing and hope.



## Life, Yoga and Cancer: Lessons From the Battlefield

by David Danon

★★★★☆ 4.9 out of 5

Language : English  
File size : 356 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 238 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK





## **The Ultimate Thanksgiving Leftovers Revive Guide: Unlock a World of Culinary Delights**

Thanksgiving, the season of gratitude and feasting, often leaves us with an abundance of leftovers. But instead of letting your culinary...



## **The Canyoneer Trail Guide To San Diego Outdoors**

Are you ready to embark on an unforgettable adventure in the heart of Southern California? Look no further than "The Canyoneer Trail Guide To San Diego Outdoors,"...