



# Books Worth Reading

## Living With Cancer

(NAPSA)—A new guide provides an emotional road map for people who are living with cancer—and that number is growing.

“Over the last 25 years, there have been significant advances in the diagnosis and treatment of cancer,” said Mehmet Oz, M.D., chairman of the Department of



## the total cancer wellness guide

Reclaiming Your Life After Diagnosis

### the wellness community

Kim Thiboldeaux, President and CEO  
and Mitch Golant, PhD, Vice President, Research & Development

Foreword by Mehmet Oz, MD



Surgery and director of the Cardiovascular Institute of the New York-Presbyterian Medical Center. “As a result of how to live well with, through and beyond cancer, fewer people are dying from the disease.”

“The Total Cancer Wellness Guide,” published by The Wellness Community, uses evidence-based research, first-person testimony and professional guidance to lend support and offer hope for those who are affected by cancer.

The guide compassionately addresses physical, emotional, social and practical needs to prepare readers for a wellness regimen that can be incorporated into daily life. Winner of USA BookNews.com’s best Books: 2007 category, the book is available through BenBella Books at [www.totalcancerwellnessguide.com](http://www.totalcancerwellnessguide.com) and [www.amazon.com](http://www.amazon.com).