



Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey

Kris Carr , Marianne Williamson (Foreword)

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Kris Carr's smart, soulful, *real* advice in a take-with-you book with space for cancer cowgirls to "chat back" and record their own experiences and reflections. This uplifting guide begins with Kris's own story--the discovery of inoperable Stage IV cancer in her liver and lungs. Then, we explore four main topics: diagnosis, mind, body and spirit. Included in this cancer survival guide are helpful sections on choosing the right doctor, learning to live in a self-nurturing manner, and fighting cancer with your fork.

Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey Details

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From Reader Review Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey for online ebook

Myriam says

A must to give to anyone going through cancer treatment; the author emphasizes positive approaches to self-care from diagnosis to pre-op preparation (including filling out living will and medical decision paperwork) to post-op strategies for surviving with as much grace as possible. The book is all the more wonderful for its colorful and soothing design, including spaces for the reader to insert their own thoughts that are not overwhelming (the spaces -- not the thoughts; this is not a workbook). It can also be helpful for someone supporting recovery from cancer. The author is the survivor of what was first diagnosed as an inoperable cancer that had already spread to vital organs so she is entirely believable and inspirational.

tinamarie- says

Not just for cancer! I have lupus, and fibromyalgia and this book helped me so much! Actually all her books have been a huge help!

Rebecca Waring-Crane says

Ok, this could easily be a 5-star rating, but since I'm not in the target audience, and happily so, I don't think my review holds as much credibility. After reading Crazy Sexy Cancer Tips I knew I liked Kris Carr and her kick-ass writing style. Now I flat-out love her. She writes with a smart, authentic, humble voice and puts all her cards on the table -- spiritual, emotional, health/exercise/diet, relational -- as she lives in the center of her mission: inspiring others to make life (with or without cancer) the best it can be.

Kate M says

Disappointed in this book as well. Again, I appreciate that the author encourages women to feel feminine and beautiful despite their diagnosis and treatment, but taking advice on how to do that from someone who is perfectly healthy besides the tumors on her liver is hard to do. She simply doesn't know how it feels to go through it.

Much of the advice in this book seems to be taken word for word from her other book, and both are poorly written and both are disappointing.

Di says

a good funny overview and perspective on dealing with cancer during treatment and after. A lot of emphasis on raw foods diet which I don't entirely agree with. She's also got a great website filled with online support

groups.

Brenda Humphreys says

Excellent book for anyone who was just diagnosed with cancer or has a family member who was. Kris Carr was diagnosed with inoperable and incurable cancer and has been living with it since 2003. She has been through and describes in the book how to deal with all the emotions and how to deal with different kinds of people. There are people who will want to make it about them Others will be afraid of you thinking that cancer is contagious. It is best to be prepared ahead of time and have scripts ready.

There are many other tips Kris shares in the book. She knows a lot about this subject not just because she has been through it herself but she has other cancer survivors give some of their tips too. Furthermore she speaks publicly at events to tell her story and to help other people going through the same thing.

Melissa Mae Palmer says

I liked it but I can not relate to her. I'm a mother and we have different challenges!

babyhippoface says

Make that "mostly read". I found the author's attitude and writing style irritating. I don't need a "Cancer Posse", for example. (Maybe it's just me.) When you add to that the fact that she's apparently never gone through chemotherapy or radiation, it's even more irritating that she's telling people with cancer how to handle their disease. That's not to diminish her own experience with cancer, because everyone's experience is different, but...maybe one should find his/her way through that dark, scary, exhausting tunnel before telling everyone else how to go through that tunnel. Just sayin'.

Stephanie says

Kris is so positive and uplifting.
Love her books and her web site.....

Great information and lots of good ideas here.
A good choice for everyone's personal library.
Highly recommended.

Leah says

I started to read this while I was on vacation in Mexico and immediately got hooked. Although, I can't handle a Vegan diet, I do believe in eating foods that have gone through less processes and foods with less

hormones. I do think that in some cases changing eating habits can improve health and or diagnosis. I am hooked on reading books involving the foods we eat, and how the food industry plays a role in marketing foods to us falsely. Great read for me, and I loved her wit and sarcasm.

Alicia says

Kris Carr returns with another great read for Cancer patients. This book is geared more toward helping you (the Cancer patient/survivor) set up your own life as she did hers along with how to organize your own "Cancer posse", i.e., positive group of other Cancer patient/survivors with whom you can identify and discuss things. Blank pages for the reader to make notes and organize your thoughts. This woman is amazing!! I recommend heartily!

Angi M says

I don't have (and haven't had) cancer. I read this for the health & wellness tips. As the author points out the insight and ideas are good tools for whatever your 'big C' is- Cancer, Crisis, Catastrophe... any rough patch you're going through where you might need to give yourself some tlc. I read this because I wanted more perspective on how emotional energy affects our health after I read Anatomy of the Spirit. I'm on a medicine and wellness kick right now! This book did not disappoint. Lots of good attitude, ideas, facts, & recommendations for living the good life.

maura lang says

Fabulous!!!!

Another fabulous book by Kris. Just what I needed to hear at this point in my recovery. Just when I think I am too far down, she has the ability to kick my ass back into the real world of living. Love her!!!

Bookfanatic says

This is not your typical cancer survivor book. It's funny, fun, irreverent, youthful and spirited. This is not a woe-is-me, pity party book. There are enough of those out there if that's what you're looking for. This book is about surviving or living with cancer while still living a full rich life. It's an original and inspirational book. When I say inspirational, I don't mean it in the religious, faith-based way, but rather the passion and love for life you'll come away with. This author has a lot of enthusiasm. The book is full of colorful photos, wonderful anecdotes, sections for journaling your thoughts, really helpful nutritional and dietary information, tips on maintaining one's appearance and humor through various cancer treatments.

The author knows what she is talking about. She was diagnosed in her 20s with a rare incurable cancer that has no treatment and very little funding. She's had that particular cancer for several years. It's slow growing, but could change at any moment. She refuses to let the fact she has an incurable cancer stop her from having a spirited life.

I found her book helpful and entertaining. How often can you say a book about surviving cancer is entertaining? You can use that term for this book and not feel bad about it. Her "rah, rah..you go girl" cheerful attitude can be a bit much for some people, but she does it in a way that makes you realize you are the most important person in your recovery from cancer and that really all of us have a terminal condition. Life is a terminal condition. None of us are immortal. It's what we do with the time we have here on earth that's important.

Elena says

NO, i don't have cancer--so no worries for those of you who just had a few! however, this BRILLIANT book is essential for anyone who wants to lead a better life. kris carr is a goddess of healing for all of us.
