



Thrive: The Bah! Guide to Wellness After cancer

Stephanie Butland

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There's still a part of us that thinks surviving cancer is a bit of freakish good fortune – the medical equivalent of having a cannonball go right through your middle and living to tell the tale – and so often it's hard to know how to 'do' life after cancer.

Thrive: The Bah! Guide to Wellness After Cancer focuses on moving on from a major physical, social and psychological trauma. Like Stephanie's first book, *How I Said Bah! to cancer: A Guide to Thinking, Laughing, Living, and Dancing Your Way Through*, *Thrive* uses a blend of storytelling, practical advice, humour, thinking techniques and strategies, visualisations, meditations, questions, candour and common sense designed to help those who have had a cancer to get from survival to a place where they are truly thriving.

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The book Thrive: The Bah! Guide to Wellness After cancer has a lot associated with on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. The writer makes some research previous to write this book. This book very easy to read you can find the point easily after reading this book.

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