



Breathing Out

By Karen Hockney

Urbane Publications. Paperback. Book Condition: new. BRAND NEW, Breathing Out, Karen Hockney, 'You've got cancer' are not the words you expect to hear when you're a 40-something marathon running fitness freak who has never even smoked a cigarette. Karen Hockney's extraordinary battle with breast cancer is an inspiration for everyone. Living in France and pursuing a successful career as a leading journalist, Karen had to contend with language barriers and an unfamiliar health system (albeit an extraordinarily efficient one) and maintain her high profile work for Hello, The Times and You Magazine. Battling nausea and exhaustion, facing celebrities sans wig, and going from chemo to Cannes in the space of a few weeks, this is a survival memoir with a difference. Breathing Out is full of practical advice, meticulous research and knowledge garnered from Karen's journey, punctuated by hope, positivity, humour - this is an honest, heartfelt appreciation of the challenges faced by every cancer sufferer, and a beacon of hope for all.



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Reviews

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-- **Audra Klocko PhD**

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-- **Germaine Welch**

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