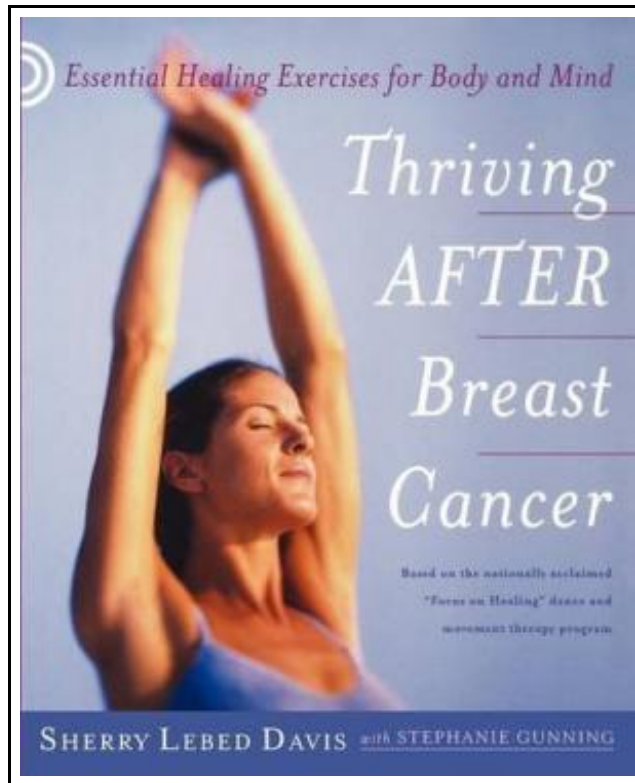


Thriving After Breast Cancer: Essential Healing Exercises for Body and Mind



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(Dr. Reta Murphy)

THRIVING AFTER BREAST CANCER: ESSENTIAL HEALING EXERCISES FOR BODY AND MIND



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New World Digital Publishing, United States, 2010. Paperback. Book Condition: New. 230 x 190 mm. Language: English Brand New Book ***** Print on Demand *****.The months following breast cancer treatment can pose a host of emotional and physical challenges. Now, the groundbreaking dance and movement therapy program hailed by more than one hundred hospitals around the country is presented in *Thriving After Breast Cancer* - an essential guide to healing both body and mind and to recovering your pretreatment energy, strength, flexibility and posture. The Focus on Healing program, developed by breast cancer survivor Sherry Davis and her two brothers, both physicians, is a fun, rejuvenating regimen of stretches and dance moves that work to rehabilitate your body, safely and effectively. The simple routines are tailored to relieving pain, restoring flexibility, combating fatigue, emotional recovery, living with lymphedema, developing balance, coping with menopause, exploring your femininity and recovering from reconstruction. Complete with warm-up routines for different sports, mind-body exercises, and nutritional advice, *Thriving After Breast Cancer* is an uplifting, empowering handbook for every woman who wants to rebuild the life that she loves.

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