


by Greg Anderson [adapted from *Cancer: 50 Essential Things to Do*]



Winning the battle against cancer is about much more than eliminating the tumor; it is about **healing your life.**

Here are some key ways to do just that:

- ➔ Stop “Awfulizing”
- ➔ Take Charge
- ➔ Rethink the Statistics
- ➔ Give Only Informed Consent
- ➔ Believe in Your Chosen Program
- ➔ Heal Your Lifestyle
- ➔ Think Holistically
- ➔ Drink Lots of Pure Water
- ➔ Eat With Awareness
- ➔ Walk Daily
- ➔ Get More Sleep
- ➔ Find a Positive Support System
- ➔ Heal with Your Mind
- ➔ Examine Your Cancer Beliefs
- ➔ Evaluate Your Self-Talk
- ➔ Make Positive Affirmations
- ➔ Reduce Toxic Stress
- ➔ Be Kind
- ➔ Understand the Message of Illness
- ➔ Live in the Moment
- ➔ Take Time to Play
- ➔ Laugh Often
- ➔ Evaluate Your Relationships
- ➔ Practice Self-Discipline
- ➔ See Life Through Spiritual Eyes
- ➔ Express Your Emotions Well
- ➔ Practice Forgiveness
- ➔ Exude Gratitude
- ➔ Love Unconditionally
- ➔ Hold on to Hope

Greg Anderson was diagnosed with metastatic lung cancer in 1984 and given only 30 days to live. Today, fully recovered, he is the author of many inspirational books for cancer patients and the founding director of the Cancer Recovery Foundation of America.