



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

By Kris Carr

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You are a Survivor from Day One

On the heels of the acclaimed Learning Channel documentary and best-selling survival guidebook *Crazy Sexy Cancer Tips* comes this survivor's companion. In *Crazy Sexy Cancer Tips* Kris Carr and her posse of Cancer Babes shared their wealth of insights, tricks, how-tos, and hell yeahs for living life with cancer. Now Kris invites all the Cancer Cowgirls (and dudes) out there to chat back and record their own journeys, with this beautifully illustrated, full-color go-anywhere companion.

Pairing Kris's signature sass and smart, soulful, *real* advice with thoughtful exercises, new contributors, and ample space for writing and reflecting, *Crazy Sexy Cancer Survivor* reaffirms that it is possible to live a real, fun, crazy, sexy life?with cancer. Kris shares her wit and wisdom on everything from food and exercise to make-up, meditation, spirituality, dreams, planning for today (and the future), and much, much more.

The user-friendly trim size and flexible-cover format meanwhile ensure that this incomparable blend of informative pocket companion and journal can go anywhere?brightening up those hours in hospital waiting rooms, at home, or spent out in the big, wide, wonderful world putting into practice that most precious truth: healing is about truly living.

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Editorial Review

From Publishers Weekly

Carr spins off her original *Crazy Sexy Cancer Tips* in this uplifting guide. She begins with her own story—the discovery of inoperable Stage IV cancer in her liver and lungs—then covers four main topics: diagnosis, mind, body and spirit. Though she admits to having bad days, Carr follows her own advice to shake off passive malaise. She gathers her support group or posse (many of whom supply guest entries), determined not to let cancer poison her entire world. Included are helpful sections on choosing the right doctor and learning to live in a self-nurturing manner. A vegan, the 30-something Carr also includes tips for fighting cancer with your fork. The upbeat Carr makes it easy to forget she has cancer, yet she touches upon some grim statistics: by 2050 half of all women and one third of all men will have some form of the disease. Carr—who proves that living with cancer is truly an option—explains, I always try to talk about my cancer in a bold and confident way. While her hip, chatty style may particularly appeal to a youthful audience, her authenticity and sound advice will resonate with survivors of all stages and ages. (Sept.)

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Review

Praise for Kris Carr and her bestselling *Crazy Sexy Cancer Tips*

"I read *Crazy Sexy Cancer Tips* cover to cover on a flight from LA to NY. I laughed out loud, wept quietly, and most of all, marveled at the magic that is Kris Carr. If Deepak Chopra, *What To Expect When You're Expecting*, and *Sex and the City* had a love child, it would look just like Kris' *Crazy Sexy Cancer Tips*. It is sheer perfection for cancer 'cowgirls' and their loved ones?colorful, soulful, and intimate."

?Rory Freedman, coauthor of #1 NY Times best seller *Skinny Bitch*

"Kris is the ray of light that is needed to raise awareness of what it means to give back. What more can one wish for? She is a true leader of courage and inspiration."

?Donna Karan

"Kris Carr has done something extraordinary with this book: She has put cancer in its place. She has triumphed, and paved a path by which others can triumph too. She deserves our most heartfelt 'Bravo.'"

?Marianne Williamson, author of *A Return to Love* and *Everyday Grace*

"Carr's documentary, and her new book, *Crazy Sexy Cancer Tips*, may be the first girlfriend's guide to living with cancer?a sign of the times really. More and more people are living with cancer, and Carr's message is they can live full lives, they don't have to be "defined" by the c-word."?Kelly Wallace, *CBS News*

Correspondent

"Kris Carr's book is an excellent resource filled with tips on how to not only survive but thrive. . . . [T]he abundant information about life and living contained in this book will coach you in a way that will make you an empowered star performer and winner in the face of adversity."

?Bernie Siegel, MD, author of *Love, Medicine & Miracles* and *Help Me to Heal*

Review

"Kris is the ray of light that is needed to raise awareness of what it means to give back. What more can one wish for? She is a true leader of courage and inspiration."

Users Review

From reader reviews:

Bobby Blade:

Book is definitely written, printed, or descriptive for everything. You can realize everything you want by a guide. Book has a different type. We all know that that book is important point to bring us around the world. Next to that you can your reading ability was fluently. A e-book Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey will make you to possibly be smarter. You can feel much more confidence if you can know about almost everything. But some of you think that open or reading some sort of book make you bored. It is not make you fun. Why they may be thought like that? Have you searching for best book or appropriate book with you?

Augustine Klotz:

The ability that you get from Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey is the more deep you looking the information that hide in the words the more you get interested in reading it. It doesn't mean that this book is hard to be aware of but Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey giving you joy feeling of reading. The article writer conveys their point in a number of way that can be understood simply by anyone who read it because the author of this book is well-known enough. That book also makes your vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this kind of Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey instantly.

Leah Pelton:

Exactly why? Because this Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret the item inside. Reading this book beside it was fantastic author who else write the book in such amazing way makes the content on the inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking way. So , still want to delay having that book? If I had been you I will go to the e-book store hurriedly.

Joseph Lewis:

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