

BURN 700 CALORIES BEFORE BREAKFAST No gym necessary, p. 244

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p.156

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of my life," p. 61

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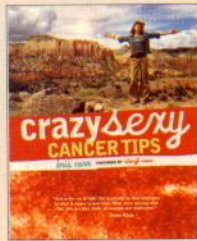
PLUS The good news about breast cancer
What YOU can do to save your life

SHAPE

shape your life news

3 books that will ease your cancer fears

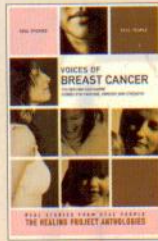
Add these to your library whether you've been diagnosed, know someone who has, or simply want to take charge of your health.



ADVICE WITH ATTITUDE

Crazy Sexy Cancer Tips by Kris Carr

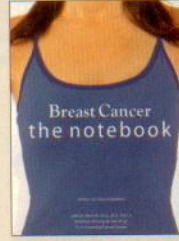
"There wasn't much out there that dealt with the daily problems that young women with cancer face," says actress Kris Carr, who in 2003 was diagnosed with malignancies throughout her body. So she penned a realistic guide to cancer that covers topics you won't find elsewhere, such as the effect it can have on your sex life.



PURE INSPIRATION

Voices of Breast Cancer: The Healing Companion edited by Victor Starsia

This anthology is packed with real women's stories originally shared at the Healing Project, a nonprofit group founded by cancer survivor Debra LaChance that connects people with life-threatening illnesses. You'll also find essays about new treatments—as well as where to go for support.



DOCTOR-SPEAK MADE EASY

Breast Cancer The Notebook by Julia Chiappetta

When the author discovered that she had breast cancer, she did what anyone would do: She began researching her condition. "But I couldn't understand any of the medical terminology." So she gathered simple explanations of many important words (e.g., ultrasound) and compiled them in this notebook.