



100 Perks of Having Cancer

Florence Strang and Susan Gonzalez

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While cancer is certainly no laughing matter, in *100 Perks of Having Cancer: Plus 100 Health Tips for Surviving It*, cancer survivors Florence Strang and Susan Gonzalez set out to remind readers that no matter how bad one's life circumstances may be, there are always reasons to smile-and steps that can be taken to improve one's health, outlook, and prognosis. Chockfull of healthy-living tips to promote healing of the body as well as perks to guide readers on healing the mind and soul, *100 Perks of Having Cancer* is the perfect resource for anyone wanting to live healthier and happier. Whether the reader is currently battling cancer, is a cancer survivor, or is trying to avoid cancer, he or she will find applicable ideas and advice delivered in a friendly, relatable manner. Offering a plethora of hope and support, Strang and Gonzalez help readers approach cancer proactively and with survival in mind.'

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