



Crazy Sexy Cancer Tips

By Kris Carr



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Actress and photographer Kris Carr thought she had a hangover, but a Jivamukti yoga class didn't provide its usual kick-ass cure. A visit to her doctor confirmed her "liver looked like Swiss cheese," covered with cancerous tumors. She entered trench warfare (wearing cowboy boots into the MRI machine, no less), vowing, "Cancer needed a makeover and I was just the gal to do it!" She began writing and filming her journey, documenting her interactions with friends, doctors, alternative "quacks," blind dates, and other women with cancer—sadly a growing group. CRAZY SEXY CANCER TIPS gathers the lessons learned and advice offered from Carr's own journey, as well as the experiences of her cancer posse. Full-color photos accompany personal stories and candid revelations in this scrapbook of advice, warnings, and resources for the cancer patient. Chapters cover your changing social life, dating, sex, and appearance; essential health tips on how to boost your immune system; recipes; medical and holistic resources; and information on young survivor support groups. The resulting book is a warm, yet informative tool for any woman newly diagnosed with the disease and for those who love them.

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Editorial Review

Review

"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 a 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*

When you have been there you know the experience and can help others survive their journey through the difficulties of life. Kris Carr's book is an excellent resource filled with tips on how to not only survive but thrive. If you have the inspiration, desire and intention to be a survivor the 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*

"I love Kris's book because it made me feel so many things. Familiar things. It made me laugh and reflect. And thank God she has the courage and generosity to share her experience. This book will be a comfort to so many who are going through the experience or who have graduated to survivor."

—Sheryl Crow

From the Foreword

From the Back Cover

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Author of Love, Medicine & Miracles and Help Me To Heal

About the Author

Kris Carr is a beautiful and talented actress, photographer, filmmaker, writer, and cancer survivor.

Sheryl Crow is a nine-time Grammy-winning American blues rock singer, guitarist, bassist, and songwriter. She's also a breast cancer survivor.

Users Review

From reader reviews:

Alfred Zoeller:

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the Mall. How about open or even read a book titled Crazy Sexy Cancer Tips? Maybe it is to get best activity for you. You realize beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it is opinion or you have different opinion?

Lola Paolucci:

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