



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

By Kris Carr

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### Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey By Kris Carr

*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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**Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey** By Kris Carr  
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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:**

#### **James Jean:**

Hey guys, do you really want to find a new book to see? Maybe the book with the subject Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey suitable to you? Typically the book was written by famous writer in this era. The book untitled Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey is the main of several books that will everyone read now. This particular book was inspired a number of people in the world. When you read this reserve you will enter the new dimensions that you ever know before. The author explained their thought in the simple way, consequently all of people can easily to recognise the core of this publication. This book will give you a great deal of information about this world now. In order to see the represented of the world within this book.

#### **Marina Espinal:**

Spent a free time to be fun activity to complete! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Maybe reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, maybe the e-book untitled Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey can be fine book to read. Maybe it is usually best activity to you.

#### **Elizabeth Bello:**

Typically the book Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey has a lot of information on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research prior to write this book. This specific book very easy to read you will get the point easily after perusing this book.

#### **Debra Durso:**

People live in this new morning of lifestyle always aim to and must have the time or they will get large amount of stress from both lifestyle and work. So, once we ask do people have spare time, we will say absolutely without a doubt. People is human not only a robot. Then we consult again, what kind of activity are there when the spare time coming to you actually of course your answer can unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative inside spending your spare time, the book you have read is actually Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey.

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