



# Cancer: 50 Essential Things to Do: Third Edition

*Greg Anderson*

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## Take charge of your diagnosis and choose hope over fear

In 1984, Greg Anderson was diagnosed with stage four lung cancer. He was given only thirty days to live. Refusing to give up, he set out to find what he could learn from others who had been diagnosed as “terminal” and lived. Based on decades of research and the experiences of more than 16,000 survivors, *Cancer: 50 Essential Things to Do* teaches the practical, holistic action steps that can help you create wellness.

With a powerful message and proven results, this revised and updated edition also includes:

- Compelling new facts about how nutrition and activity level affect cancer cells
- Cautionary information about the risks of overtreatment
- Evidence of the benefits of Vitamin D consumption

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