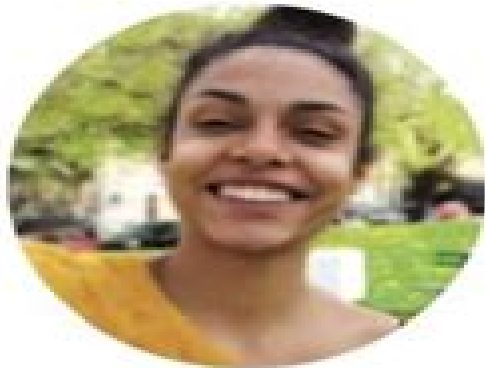


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Take Charge of Your Cancer Norman Plotkin,2018-09-04 How to take a consciously mindful role in your own healing and recovery from a cancer survivor and hypnotherapist A cancer diagnosis can bring with it shock anger and fear Add to that a feeling of disconnection from the body and the prospect of facing a mountain of technical information and it's hard to know what to do next Take Charge of Your Cancer offers step by step direction for managing the journey of healing and recovery Coach cancer survivor and former health policy lobbyist Norman Plotkin has mastered the key steps that give cancer patients the power to influence outcomes and make their bodies their business Take Charge of Your Cancer is for cancer patients who want proven tools that make a real difference including tools that engage the power of the subconscious

mind Being an active participant in the healing process is critical for recovery People who feel more in control of their own wellbeing are more likely to make sustained lifestyle changes to improve their health Reframing cancer to be an opportunity for personal growth a challenge rather than a threat can transform a cancer diagnosis into a positive turning point one that redirects toward healing surviving and thriving **Take Charge of Your Destiny** Jim Donovan,2016-08-16 **Take Charge of Your Destiny** teaches how you can create a compelling vision for your future eliminate any subconscious blocks in your way and design a life of abundant health success prosperity and joy exactly the kind of life you were born to live Here is just a sampling of what you will learn How to break the illusions that are holding you back How to easily uncover the resistance that is blocking your progress Why you re never too old to pursue your dreams How a simple question can improve interpersonal communication How to create your own personal health team with you as captain What to do if you re not rich yet How to attract more money into your life easily and joyfully How to feel better no matter what happens How taking a few simple steps can lead to ultimate success *Take Charge Of Your Cholesterol* Rhea Flair,2024-08-22 This book cuts through the confusion about cholesterol and gives you clear doable steps to take to improve your heart health You will learn what cholesterol really is why it is important and how it impacts your body in these pages The author simplifies hard medical ideas into language that is simple to understand This gives you the information you need to make smart choices about your health This book does more than just explain cholesterol it gives you real world ways to control it You will discover changes to your diet that can naturally lower your cholesterol levels The book also includes tasty recipes and meal plans that make eating healthy fun A lot of information is given about the importance of exercise along with workout ideas for people of all fitness levels and ways of life Doctor visits are a big part of **Take Charge of Your Cholesterol** It looks at cholesterol lowering drugs in a fair way explaining how they work and when they might be needed You can use this knowledge to have a good conversation with your healthcare provider about the best way to handle your specific situation There are motivational stories from real people who have dropped their cholesterol all over the book These real life examples show that you can make things better no matter where you start On your way to better health you will also learn how to make goals that you can reach keep track of your progress and stay encouraged The author busts some cholesterol myths and gives you evidence based information to help you sort through the different pieces of advice that are out there You will feel more sure of yourself and be able to make decisions that are good for your heart This book has helpful tips and information for people who have been dealing with high cholesterol for a long time or just found out they have it It is an important tool for anyone who wants to lower their chance of heart disease and make their health better in general

Taking Charge of Your Pregnancy Susan J. Fisher,2021 This book is an indispensable guide to the revolutionary advances in the understanding of pregnancy and birth For decades Susan Fisher PhD and her team at the University of California San Francisco have been at the forefront of research into how babies develop in the womb Fisher traces prenatal

development which proceeds at breakneck speed during the first eight weeks She unlocks the secrets of the placenta which steers the course of pregnancy and can affect childhood health Taking Charge of Your Pregnancy contains the trailblazing science needed to help expectant parents Which prenatal vitamins are essential and when to take each Which prenatal genetic tests are risk free and which are a waste of money Why moms to be should decline store receipts and avoid flame retardants When to be concerned about nausea Why expectant mothers should listen to their own mother s birth stories

Taking Charge of Cancer David Palma,2017-07-01 A cancer diagnosis can be terrifying and the first thing a patient wants to know is How am I going to survive this Written by a radiation oncologist and cancer researcher Taking Charge of Cancer offers an insider s guide to help readers understand cancer treatment options choose the very best medical team and be their own advocate With this compassionate yet pragmatic guide cancer patients will be better prepared to navigate the reality of their difficult diagnosis with knowledge and hope

Take Charge of Your Breast Cancer John S. Link,John Link, M.D.,2002-10-02 Offers advice to women on how to navigate the health care system outlines the potential risks and benefits of various treatments and suggests ways to avoid overtreatment and undertreatment

Take Charge of Your Chronic Pain MD Abaci Peter,2009-12-22 With more than twelve years experience treating its sufferers and seeing the nation s health care system come up short Dr Peter Abaci developed innovative treatments that have helped thousands better their lives in dramatic ways techniques he now offers in this book for the first time

Take Charge of Your Cholesterol Richard MD Furman, FACS,2020-02-18 Doctors increasingly prescribe cholesterol lowering drugs that patients will take every day for the rest of their lives But a daily pill only addresses a small part of the cholesterol problem In this book Dr Richard Furman shows you how to understand what your cholesterol numbers mean how best to change levels of both the lethal LDL cholesterol and the hero HDL cholesterol and how to adjust your lifestyle in order to stay off of expensive medications that don t address the whole problem and often have negative health impacting side effects Ready to take charge of your cholesterol

Take Charge of Bipolar Disorder Julie A. Fast,John Preston,2023-05-09 Revised and updated Take Charge of Bipolar Disorder is a groundbreaking comprehensive program to help those with bipolar disorder and those who care about them gain permanent control over their lives Most people diagnosed with bipolar disorder are sent home with the name of a doctor and multiple prescriptions However few people with bipolar disorder are able to find long term stability with medications alone Bipolar disorder researcher and expert Julie A Fast who was diagnosed with the illness at age thirty one and specialist John Preston PsyD offer the pioneering Take Charge program used around the world to help readers promote stability reduce mood swings increase work ability decrease health care costs and improve relationships The book guides those with bipolar disorder and their loved ones toward a comprehensive personal treatment plan by incorporating Medications and bipolar safe supplements Lifestyle changes that help manage bipolar symptoms naturally Behavior modifications that reduce and prevent symptoms Guidelines on assembling an effective support team By helping

readers gather powerful strategies Take Charge of Bipolar Disorder delivers a dynamic program to treat this difficult but ultimately manageable illness **Take Charge** Beth Sargent,2015-10-04 Take Charge of Your Health So You Can Look Better Feel Better **Take Charge of Your Health** Paul Terry,1995-09 Take Charge of Your Life with NLP Felix Economakis,2011-12-29 Do you find yourself making the same mistakes or poor choices again and again Do you feel that you could make more of your life and be more happy and fulfilled In Take Charge of Your Life with NLP master NLP practitioner Felix Economakis reveals how our subconscious minds control a startling amount of our behaviour making us repeat unhealthy patterns dwell on unnecessary worries and make the same bad choices again and again This can cause a huge amount of mental conflict and unhappiness as well as hold you back in life This book provides simple and easy NLP techniques for breaking these negative behaviours by creating a better working relationship with your unconscious mind You ll discover how to banish phobias and addictions improve your self esteem and motivation feel happier and more fulfilled and take charge of your life for good

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