

DARA KURTZ

# CRUSH CANCER

PERSONAL ENLIGHTENMENT  
FROM A CANCER SURVIVOR

*crazy* perfect **life**

FOREWORD BY GARTH CALLAGHAN  
AUTHOR OF *NAPKIN NOTES*

Dara Kurtz

## Crush Cancer: Personal Enlightenment From A Cancer Survivor



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In this personal account of her cancer trip, Dara Kurtz talks candidly about being diagnosed, telling her family and friends she has cancer, going right through treatments and understanding how to be a survivor. Not merely did Dara survive cancer, she eventually thrived, and with her ideas and assistance, you can too. Each chapter provides insight and motivation for individuals, survivors and loved ones who have been affected by this frightening, unpredictable disease. If you, or someone you like, have been identified as having cancer, this reserve is for you. ? Arises from the sale of the reserve are donated to cancers related charities.



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The kindest gift, for anyone who has cancer - give them this book! In the event that you, or someone in your area, has just learned he or she has cancer, this reserve tells you what things to expect in a sort, compassionate and real-world way that, sadly, most doctors and many caregivers are unable to do. When you find out you have tumor, it could seem like everyone is offering tips - do or eat or consider this, not that. Raw, real, beautiful encouragement!..feel or behave in this manner, not that.. Dara is my inspiration !all of this information is well-meant, however, not all of it is what you do truly need right now... Don't miss this book if you or your loved ones are facing a diagnosis of malignancy. Don't miss this book if you or all your family members are facing a diagnosis of cancer.Nobody really wants to hear this. That's why I was originally drawn to her composing, but midway through the publication she was composing like all you have to is her information, she actually is the goddess to getting through it.. It's a great guide for anyone exceptional impact of a malignancy analysis She tells her tale with wit and wisdom and provides pragmatic tips throughout for sufferers and themselves. She shares her own moving journey, through analysis to treat, and onward towards living an ever greater life.It's a very easy read whenever your brain is too troubled to take in complicated information, with plenty of tips about getting through the worst times.It's relevant for treatment givers and patients alike. Don't leave this one sitting down on the shelf. Author thinks she has learned it all Author includes a direct, no-BS attitude and is a right shooter when it all come to facing malignancy.. A sensible and empathetic message, solace and help suitable for anyone who faces malignancy and everyone who enjoys them. This book is different - it truly IS what you should hear when in the 1st, fearful, emotional levels of your cancer trip.. Many thanks for sharing your tale. I found the first fifty percent of the book encouraging, the next half was not worth my time.. After being diagnosed with cancer of the colon, breast cancer and skin cancer, came the diagnosis of depression. Just finished Crush Malignancy in less than a day!! Unfortunately many need this publication. I am also a warrior, fighting tumor and her inspirational and honest emotions during out the reserve are exactly what I needed. Dara is the Real Deal This first hand account of Dara's journey to recovery, is an example for anybody facing a critical health crisis. She is always honest about how exactly she feels but at the same time can often find gratitude atlanta divorce attorneys moment of her lifestyle!! I recommend this book if you are dealing with malignancy or for family and friends - there's too much to learn from Dara!! You deserve to make the most away of your life Even anyone who has never can be found in touch with tumor ought to go through this heartfelt, inspirational journey. It'll change how you view your gift of life. If you do have malignancy or know someone who has, this is a beautiful gift with everything they have to know to make their challenging journey much easier. She speaks to the warrior and her tribe of friends and family who are assisting her in her trip to good wellness. She speaks encouragement in to the lives of every reader. So thankful for this book.! Five Stars great book Amazing, Witty, Down-to-Earth Have to Read! But jointly we can crush malignancy! I am smiling again. Thank you Dara!! I highly recommend this reserve and workbook to all or any cancer patients. Kathe H.. I purchased Dara's publication immediately for a friend defeating breast cancers. She was immediately encouraged by and drawn to Dara's honest telling of her journey. Five Stars This book is where I get my strength every single day! This is a beautiful raw reserve for all, whether you are battling malignancy or fighting alongside a loved one. Buy one, share one. This reserve is amazing if you are affected by cancer. I couldn't put it down. Dara talked about every emotion that I was feeling and helped me to conquer my depression. Loved this book Loved this book.but mainly because Dara Kurtz uncovered for herself whilst a malignancy diagnosis isn't something you wished, it's something you will get through and study from. I especially like the Tribe Tip at

the end of each chapter. Inspirational! I can not put into words how much this reserve helped me execute a complete turn around. With wit, design and reader-friendly format, Dara shares her story and provides insight for anyone who has battled cancer or fought alongside someone you care about. What's so amazing concerning this book is that Dara offers tapped into some common truths - her tips and tips can really be employed to any calamity. I am learning so very much from my copy aswell! This book is amazing for anyone who is effected by cancer Dara is a personal friend of mine. Or share ten! when I'm fact everyone's tumor, everyone's treatment, everyone's support system and financial situations are completely unique. It was a wonderful read and very helpful. Many thanks! I am so grateful a friend recommended it to me. Five Stars This is a wonderful resource and help.!



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