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In this companion to The Definitive Guide to Cancer, Alschuler and Gazella teach you not just how to survive, but also how to thrive after cancer by integrating the best of conventional, natural, and alternative cancer prevention therapies to support and enhance your body's five critical pathways. With simple, empowering daily actions that you can start today, it is the only program that provides the comprehensive approach needed for optimal health and recurrence prevention.

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This comprehensive guide delivers informed hope along with effective tools for reclaiming your vitality in the midst of cancer treatment, healing, and recovery. When you or a loved one is faced with a cancer diagnosis, the need for accurate and trusted medical information becomes urgent. Naturopathic physician Lise N. Alschuler and medical journalist Karolyn A. Gazella present an overview of what cancer is, its causes and preventative strategies, an in-depth approach to integrative treatment options, descriptions of key body functions, and discussions of more than twenty specific cancers. The Definitive Guide to Cancer, now in its third edition, encourages you to take an integrative approach that embraces both alternative and conventional therapies across the spectrum of cancer prevention, treatment, and healing.

Focuses upon the impact of diet, lifestyle, and dietary supplements on the prevention of cancer. Uses the fascinating science of epigentics to describe five key pathways.

This light hearted book on a very serious topic will make you laugh out loud. It will give you a road map to success in getting diagnosed, finding doctors and working with medication. It will give you concrete ideas on ways to manage your cycles, emotions and energy to work smarter, not harder. It will help you prioritize so you can be happy and successful living your life exactly the way you want to live it. It will help you not only survive but thrive even with mental illness.

In this book, Patterson, Goens, and Reed draw upon resilience research and best practices to answer the question: 'How can leaders move ahead in the face of adversity?' This book benefits leaders who have confronted adversity in the past, struggle with adversity right now, or will likely encounter setbacks in the future. Leaders find concrete, how-to strategies for strengthening leadership skills in turbulent times in every chapter. Resilient Leadership for Turbulent Times aims to help leaders thrive in the face of adversity with the inclusion of the Leader Resilience Profile' (LRP)_an instrument developed by Patterson and others to measure a leader's resilience in twelve categories. Readers are invited to complete the LRP and then apply the strategies outlined in each chapter to strengthen their leader resilience.

Disruption is changing the playing field – keep your successful business on top Thriving businesses on top of their game are targets for disruption. But for savvy business owners and managers who understand the coming changes, the time to future-proof their successful companies is now. Following over a decade of research into future trends, business reinvention and disruptive innovation, author Michael McQueen presents How to Prepare Now for What's Next, a blueprint for top companies to thrive in turbulent times. McQueen brings rare insight to the topic of business disruption. The book first explores the notion of disruption itself, and confirms that the term is much more than just guru-speak. The book outlines the four primary forms of disruption that McQueen sees playing out over the next 5-10 years, and quickly moves on to the in-depth tools, tips and techniques that healthy businesses will need to stay on top. Use a simple tool to assess just how vulnerable to disruption your company is Read case studies, research and trend reports that highlight real-world examples to complement the book's concepts Understand the four forms of disruption, namely widescale automation, empowered consumers, unconventional competition and emerging generations Apply the 9 keys to future-proof your business against disruption and make it impervious to change The time to act is now for the businesses who want to keep their edge, and How to Prepare Now for What's Next is the guide to continue thriving.

A New York Times Bestseller, One of The Wall Street Journal's "10 Books to Read Now," and One of Kirkus Reviews's Best Nonfiction Books of Year We all sense it—something big is going on. You feel it in your workplace. You feel it when you talk to your kids. You can't miss it when you read the newspapers or watch the news. Our lives are being transformed in so many realms all at once—and it is dizzying. In Thank You for Being Late, version 2.0, with a new afterword, Thomas L. Friedman exposes the tectonic movements that are reshaping the world today and explains how to get the most out of them and cushion their worst impacts. His thesis: to understand the twenty-first century, you need to understand that the planet's three largest forces—Moore's law (technology), the Market (globalization), and Mother Nature (climate change and biodiversity loss)—are accelerating all at once. These accelerations are transforming five key realms: the workplace, politics, geopolitics, ethics, and community. The year 2007 was the major inflection point: the release of the iPhone, together with advances in silicon chips, software, storage, sensors, and networking, created a new technology platform that is reshaping everything from how we hail a taxi to the fate of nations to our most intimate relationships. It is providing vast new opportunities for individuals and small groups to save the world—or to destroy it. With his trademark vitality, wit, and optimism, Friedman shows that we can overcome the multiple stresses of an age of accelerations—if we slow down, if we dare to be late and use the time to reimagine work, politics, and community. Thank You for Being Late is an essential guide to the present and the future.

The Token Woman is an entertaining how-to filled with practical, helpful tips on becoming an effective sales leader. If you have ever aspired to be a kick-ass, successful woman in sales leadership – or a person who supports them – buy this book and open these covers, fast. Cheryl Stookes began her career as an inside salesperson and earned her way to senior leadership positions in the North American technology industry. The lessons she shares are applicable to any sales-oriented career. Find out how to become (and spot) a Unicorn, avoid becoming a Super Solver, and how to address The Elephant in the Room. Rise to the top by Hiring Carefully, Firing Respectfully. And by being The Steady Hand on the Wheel. Stookes shares fresh, true experiences – the good, the bad, and the ugly tears (see Chapter 7). This could be the most useful, most entertaining business book you will ever read.

'This book should be part of every corporate onboarding programme! It will empower every new entrant to the world of work with the power skills to help them succeed.' – Celiwe Ross, Human Capital Director, Old Mutual Having worked for over 17 years with top companies in South Africa and abroad, Carice Anderson, a professional development manager, coach and consultant, shares her insider knowledge while also shedding a light on the harsh realities of corporate environments. Drawing on her years of experience and research, the author argues that many young Black professionals struggle early on in their careers as they lack the necessary soft skills to successfully navigate their work environments and reach their full potential. Including advice and anecdotes from 30 successful Black leaders who have worked across Africa, Europe, and North America, Intelligence Isn't Enough aims to empower young Black graduates who have just entered the workforce and Black professionals already at work. Anderson guides readers on how to survive and thrive in corporate spaces, how to take a more strategic approach to their careers, and how to understand themselves and others more deeply. In addition, the book provides useful tips on how young professionals can strengthen their workplace relationships, sharpen their communication skills, improve their personal brands and, ultimately, make an impact. Intelligence Isn't Enough is the Black professional's guide to standing out and showing up at your best and as your most authentic self at work.

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