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The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health (Alternative Medicine Guides): Alschuler, Lise N., Gazella, Karolyn A.: 9781607745648: Amazon.com: Books.

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Dr. Lise Alschuler and Karolyn A. Gazella have updated and revised Five to Thrive as a second edition under a new title: The Definitive Guide to Thriving After Cancer (Random House, 2013). The new book makes the Five to Thrive® plan an even more accessible lifestyle program for optimizing health and wellness after a diagnosis of cancer.

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