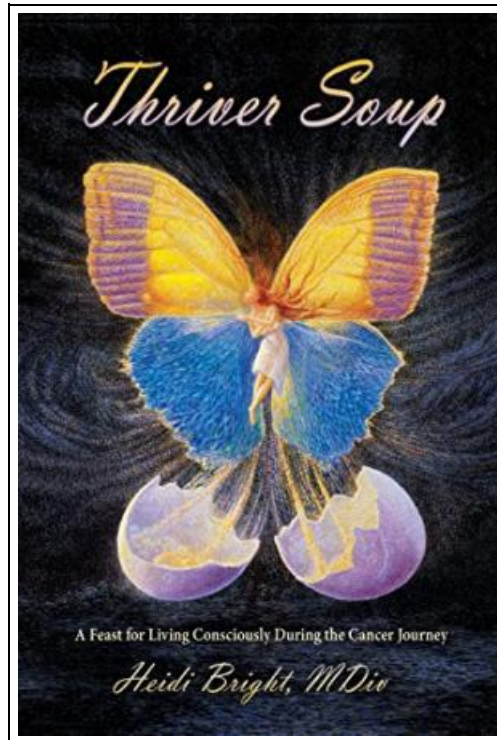


Thriver Soup (Hardback)



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Sunstone Press, 2015. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Cancer patients seeking to integrate meaningful spirituality with practical healing solutions can now feast on a comprehensive blend of self-care options. This book provides a variety of holistic strategies for cushioning chemotherapy and softening surgery while empowering readers to grow in consciousness. Each of more than 250 topics begins with an inspirational quote from one of the world's wisdom traditions, offers a story to foster self-care and personal transformation, and concludes with a useful tip. With passion, authenticity, and a dash of humor, this book courageously addresses medical topics such as Finding Chemo, Hair Pieces: Turbanator, and Recovery: Master the Possibilities. Holistic care entries include Nutrient Density: Thriver Soup, Shadow Work: Dark Night Rises, and Field of Dreams. Explore these restorative ingredients to enhance your nutritional choices, stimulate your creative juices, foster your personal powers to transform mentally and emotionally, and deepen your connection with others and the Divine. In 2009, specialists predicted Heidi Bright, MDiv, would die within months from an aggressive end-stage cancer. Heidi discovered powerful ways to manage conventional treatment, love her body, embrace her emotions, play with imagery, deepen her spiritual consciousness, and accept support. After two grueling years, another tumor swelled next to her heart. Heidi knew she had to make a shattering decision, permanently altering her life. After another surgery, she was told to prepare for Hospice. Her next scan was clean. Now she combines her journalism and theological background with fresh insights each Thursday on her blog,



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