



Surviving Cancer and Other Tough Stuff: An Illustrated Journal and Workbook for Healthy and Abundant Life and Becoming Who You Really Are

Kanta Bosniak

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Surviving Cancer and Other Tough Stuff: An Illustrated Journal for a Healthy and Abundant Life unfolds the reader in a warm and lovingly presented healing quilt. Hypnotherapist, Life Coach and cancer survivor Kanta Bosniak shares her inspiring story, illustrated with whimsical doodle art and cartoons. She offers valuable lifestyle information for readers who want to maintain or regain vibrant wellness, bridging medical and holistic models and including tools for self-relaxation and practical, easy-to-use methods for accessing intuition to optimize food and other self-care choices. The book includes a workbook for the reader navigating "Tough Stuff" (illness, grief, financial setback or relational or other issues) offering a gentle creative process for transformation. It will help anyone who wants to emerge from a difficult experience better than before...happier, healthier and living a more abundant life.

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