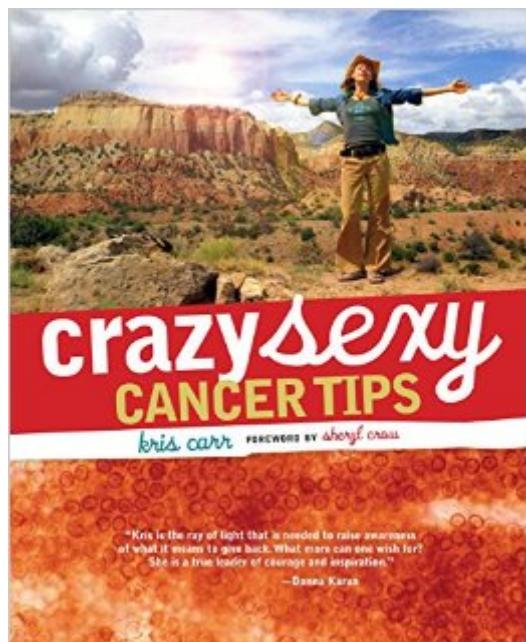


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# Crazy Sexy Cancer Tips



## **Synopsis**

Actress and photographer Kris Carr thought she had a hangover, butÂ a Jivamukti yoga class didnâ ™t provide its usual kick-ass cure. A visit to her doctor confirmed her â œliver looked like Swiss cheese,â • covered with cancerous tumors. She entered trench warfare (wearing cowboy boots into the MRI machine, no less), vowing, â œCancer needed a makeover and I was just the gal to do it!â • She began writing and filming her journey, documenting her interactions with friends, doctors, alternative â œquacks,â • blind dates, and other women with cancerâ "sadly a growing group. CRAZY SEXY CANCER TIPS gathers the lessons learned and advice offered from Carrâ ™s own journey, as well as the experiences of her cancer posse. Full-color photos accompany personal stories and candid revelations in this scrapbook of advice, warnings, and resources for the cancer patient. Chapters cover your changing social life, dating, sex, and appearance; essential health tips on how to boost your immune system; recipes; medical and holistic resources; and information on young survivor support groups. The resulting book is a warm, yet informative tool for any woman newly diagnosed with the disease and for those who love them.Â

## **Book Information**

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## **Customer Reviews**

As a cancer survivor, I wanted to like this book. I love the idea of a "hip" survival/inspirational guide for women. I am so glad that Kris Carr has dealt so well with a devastating diagnosis. This points to a true strength of spirit. I think the author's heart is in the right place, but something went wrong

here. I didn't find this book hip, or funny. It struck a bad chord for me. When I had cancer I too was 31. I didn't go through a decision-making process about whether to tell my esthetician about my illness. I wasn't worried about getting my bikini area waxed. I didn't go on a "cancervation" with my "posse", because I was working to pay my bills and keep my health insurance. I didn't attend retreats and trainings and buy hundreds of dollars of goods from Whole Foods on shopping trips and make a documentary about myself. People deal with trauma and heal in different ways, and spending freely seems to have been beneficial to Kriss Carr's personal journey. Each woman featured in this book talks about her height and weight, and Kris Carr makes numerous references to her own weight and desire to weigh less. It seems the opposite of "empowering", and perhaps a bit disingenuous, for a woman who looks (at least in her photos) radiantly healthy, beautiful, stylish, and very thin to keep making references to desire for weighing less. I'd find it inspirational to hear things along the lines of "I used to worry about my weight before cancer, but since I've changed my diet and lifestyle, my body has changed and I'm very happy with it, I feel very comfortable in my own skin now" (or something like that). When I had cancer, I was more concerned with getting well than stepping on the scale.

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