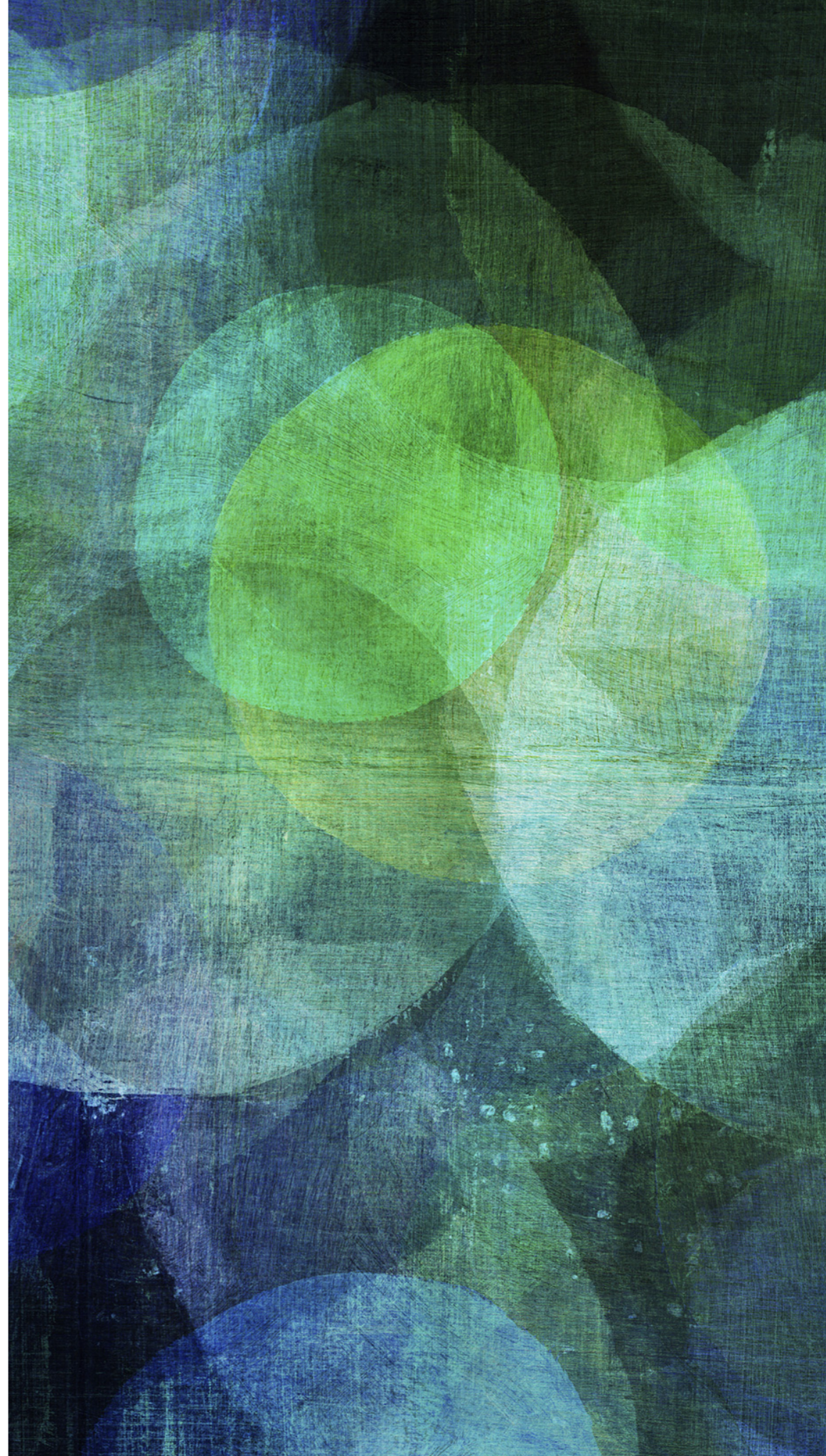




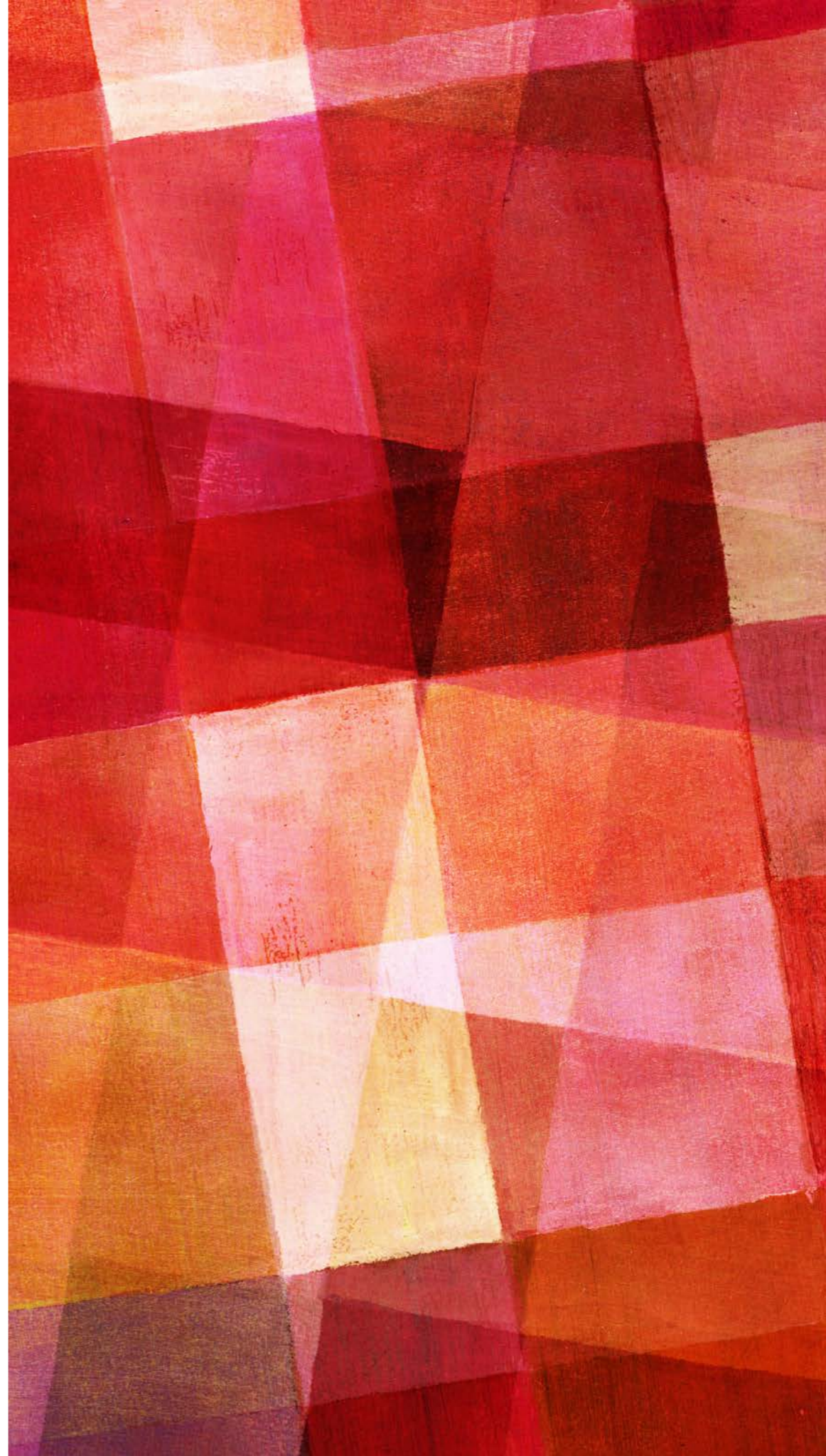
HOW TO MANAGE THE FEAR OF RECURRENCE

Laren Watson, Board Certified Health Coach

**LIFE AFTER
CANCER CAN BE
JUST AS HARD
AS DURING
CANCER.**

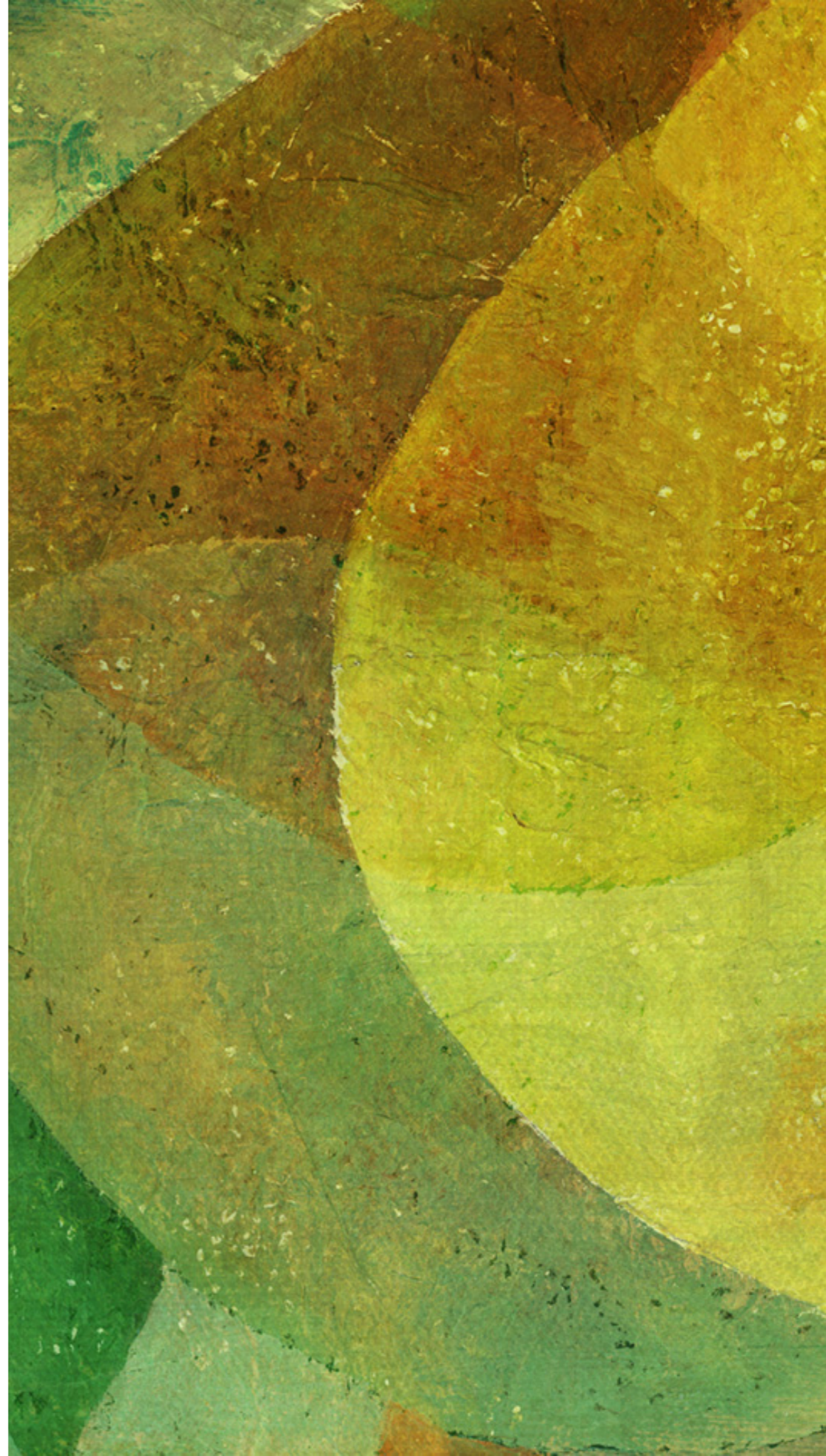


**WHY IS THE
FEAR SO
PERSISTENT?**



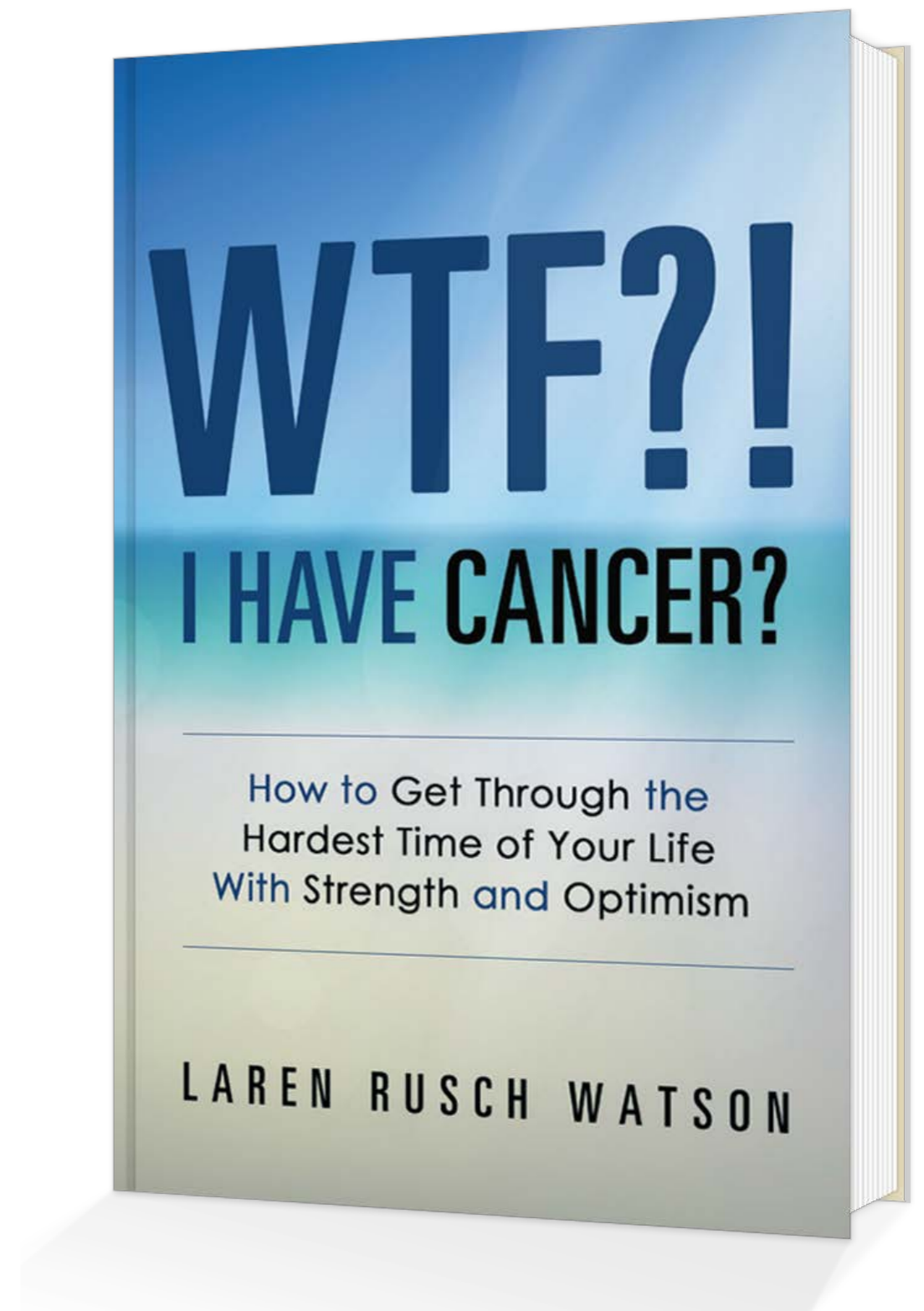
**DOING
EVERYTHING
RIGHT**

My cancer story



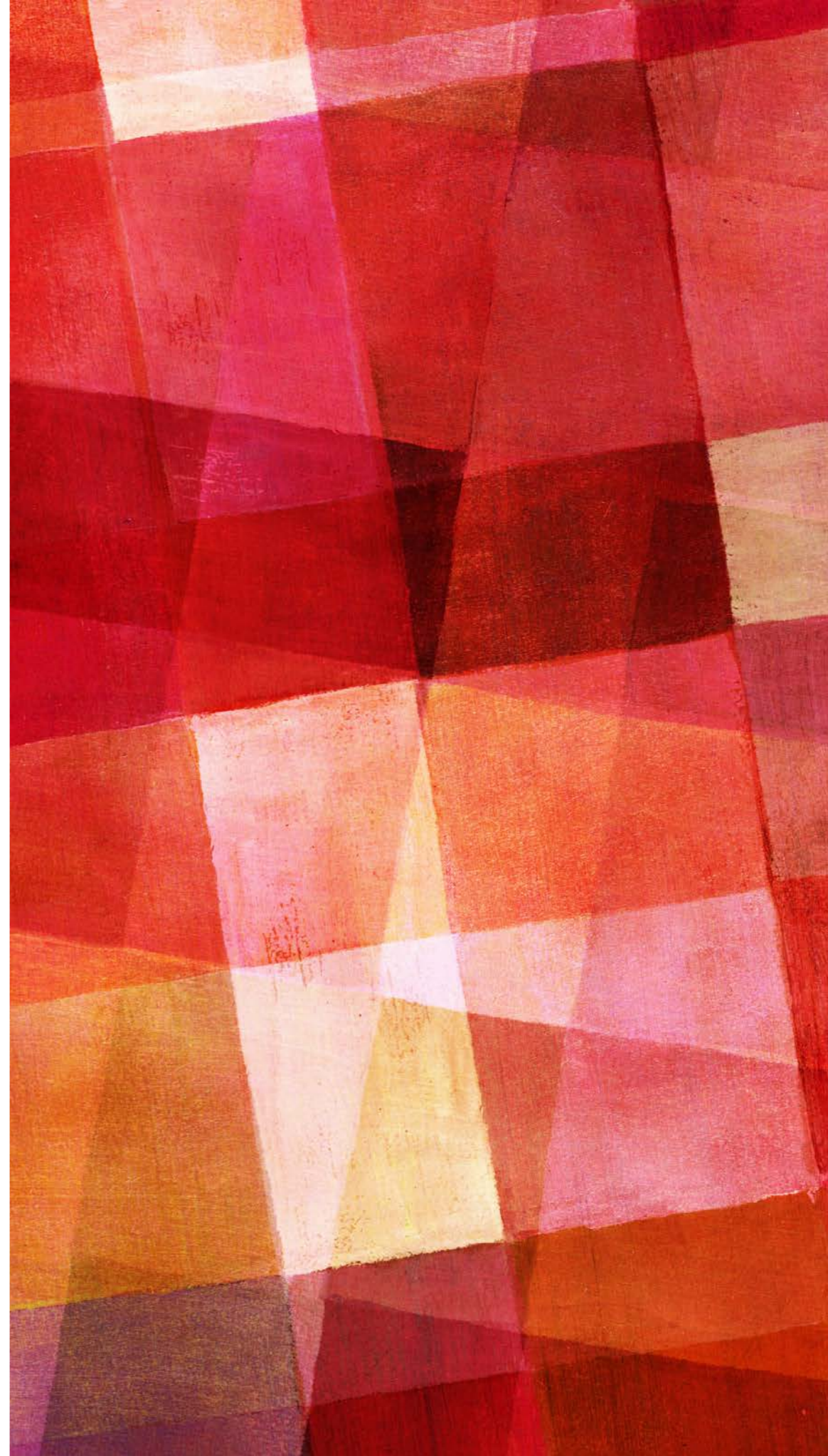
SO I WROTE A BOOK.

.....
bit.ly/WTFfreebook



TOOL #1 YOUR INNER WARRIOR

The Mind



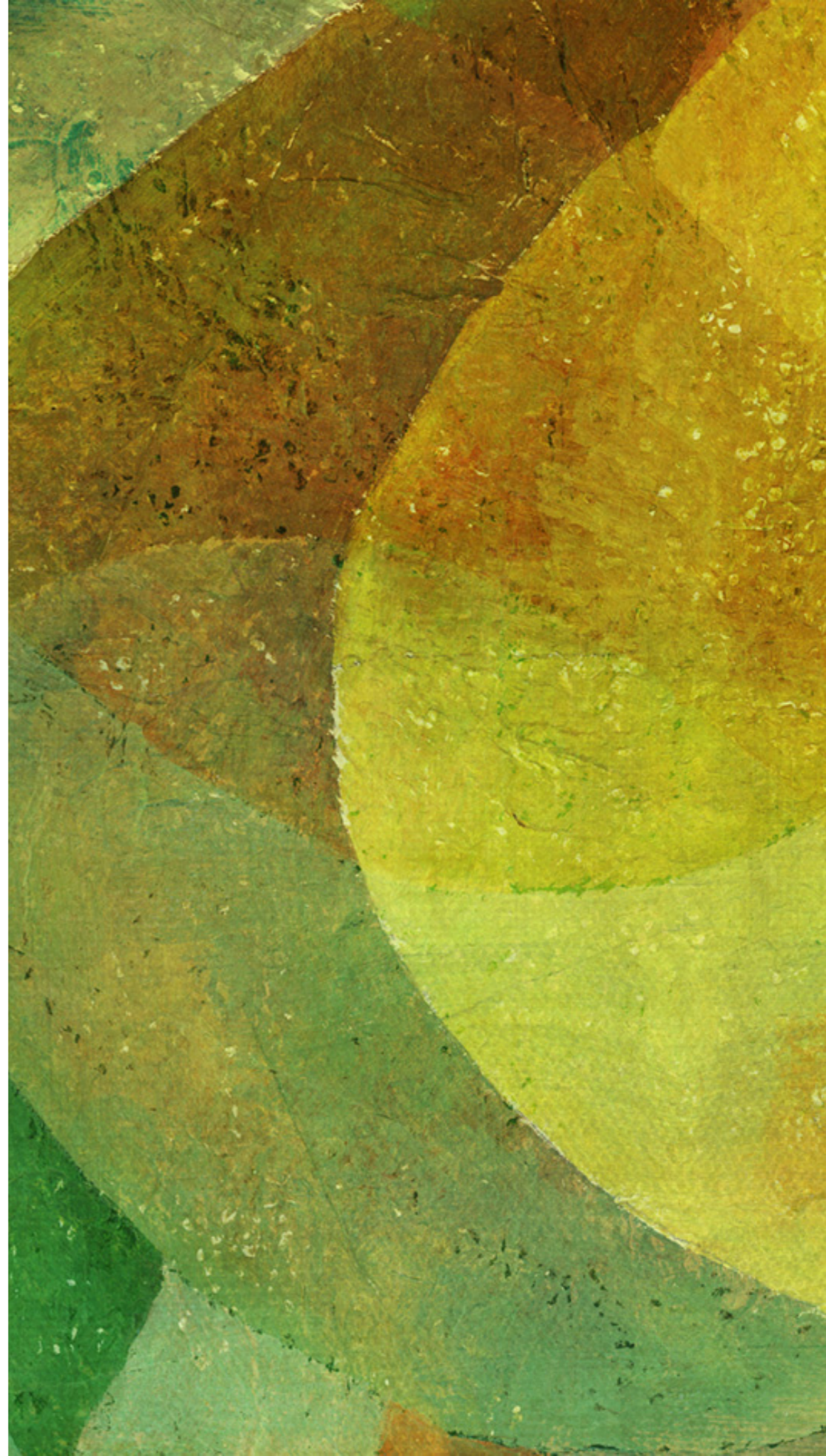
“

Worrying about the future is like
praying for something you don't want
to happen.

-Robert Downey, Jr.

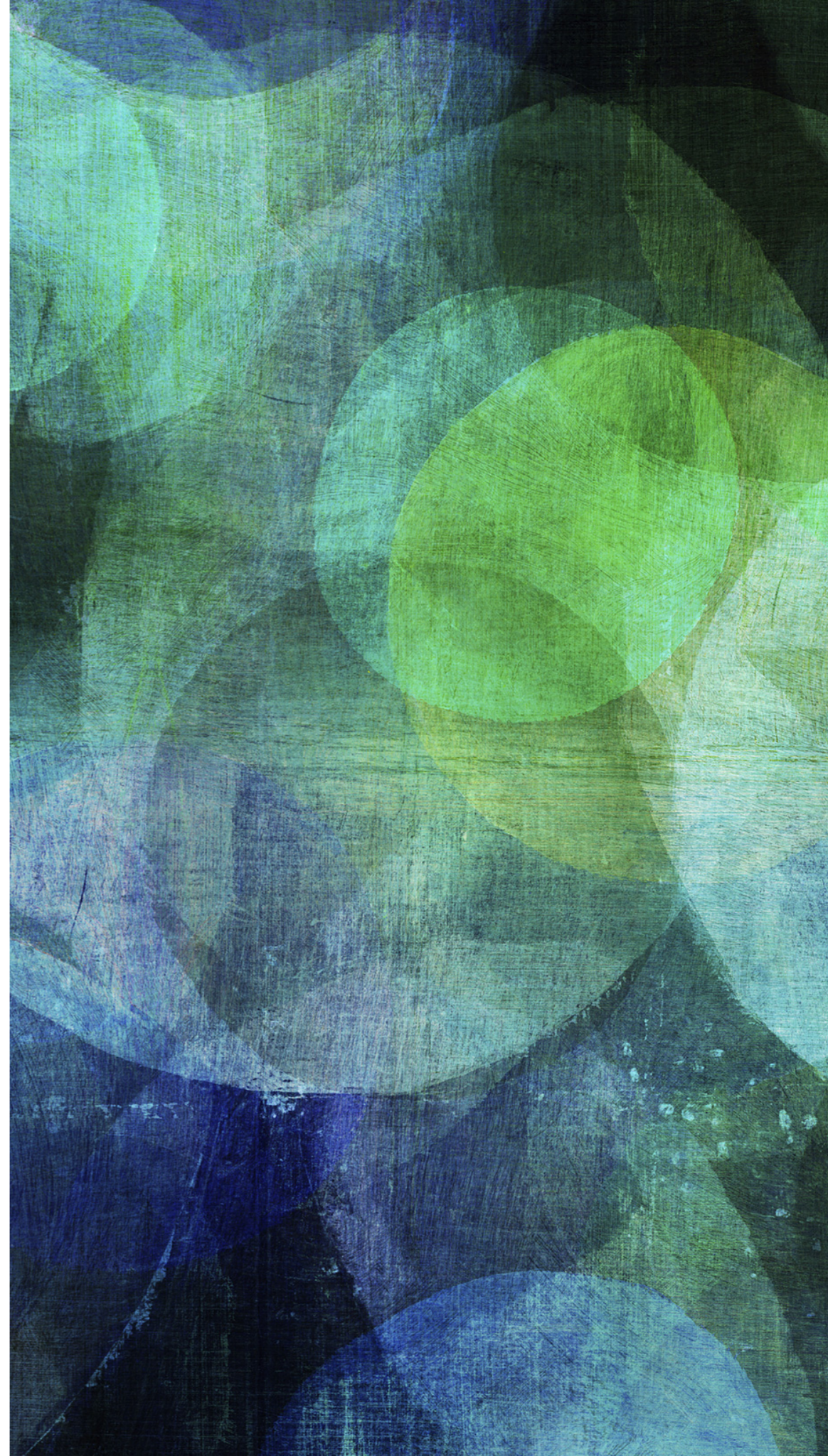
TOOL #2
A FIRM
COMMITMENT
TO OPTIMISM

The Spirit



TOOL #3
TAKE
CONTROL
OF YOUR
HEALTH

The Body



**BECOME THE MOST
INHOSPITABLE HOST TO
CANCER POSSIBLE.**



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