



## WEEK 2

### Nourishing Your Body / Mind / Spirit (Chapters 4-6)

Breathe



#### NOTE FROM AUTHOR

**Let's face it,** cancer, surgery, chemotherapy or radiation are not part of anyone's life goals. But learning strategies for coping and relaxing your body are incredible stabilizing and supportive.



#### REFLECTION TIME

Your body is still a work of art even though you may not see yourself as you once were. Be sure to download "10 steps to nourish yourself so you can Thrive" on our website under the [Programs tab](#) for suggestions. "It's impossible" said pride. "It's risky" said experience. "It's pointless" said reason. "Give it a try" whispered the heart.

- How will you nourish your body today?
- How will you nourish your mind today?
- How will you nourish your spirit today?

What would you put in your Love Box to Nourish yourself ?

#### MESSAGE

Calm is a Super Power, everything you need, strength, compassion and love is already within you.

*Each Moment  
We're Alive*