

My Ticket to Ride: From Cancer to Flourishing
By Cristina Whitehawk

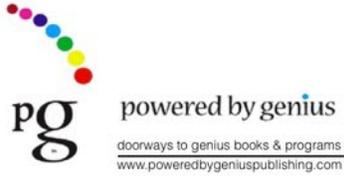
Reviews

My Ticket to Ride: From Cancer to Flourishing is an inspiring book about how to reframe cancer to work for you, not against you. Instead of fighting the disease, the author partnered with it; transforming it by using unique approaches that are relevant for both prevention and healing. Indeed this book should be required reading for cancer prevention, as well as healing and recovery. It demonstrates overall life skills in how to truly live well, transform one's life, and find joy in everything! – Catherine Niemiec, President & CEO, PIHMA Acupuncture College & Clinic. Phoenix, AZ.

What a beautiful book filled with nourishment for your soul. The author's approach to cancer is one of surrender and vulnerability and love, to life itself. Her poetry is beautiful, her insight deep and engaging, and this book is a must read for anyone whose life has been affected by cancer. It's one of those books that fills your heart with positive words and feelings which everyone with cancer needs. What a gift she has brought to this world through her experience and bringing it to life as a book to share. Thank you! – Shamanie Haneca, D.C., Functional Medicine Specialist. Edina, MN

My Ticket to Ride: From Cancer to Flourishing is a book every ovarian cancer survivor should read. – Shirley Husak, Brockton, MA.

I read the first chapter. I couldn't put the book down until I completed it. This book is awesome! I loved the message. Even if you haven't had cancer, the lessons are powerful. – Kay Schnizlein, Pearland TX. (not cancer involved).



My Ticket to Ride: From Cancer to Flourishing is a blue-print for life. I am on my third reading of it.

– JoAnne Roberts, Scottsdale, AZ (not cancer involved).

Our entire nation needs to read *My Ticket to Ride: From Cancer to Flourishing*, Chapter 8 on Forgiveness.

– Ide Flores, Ide Mania Salon, Phoenix AZ (not cancer involved).