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Cook for Your Life: Delicious, Nourishing Recipes for Before, During, and After Cancer Treatment (Hardback)

By Ann Ogden Gaffney

Avery Publishing Group Inc., U.S., United States, 2015.

Hardback. Book Condition: New. 229 x 191 mm. Language:

English . Brand New Book. A beautiful, unique cookbook with

delicious recipes for all stages of cancer treatment and

recovery, from a two-time cancer survivor and founder of the

Cook for Your Life nutrition-based cooking programs. Cook for

Your Life is a one-of-a-kind cookbook for those whose lives are

touched by cancer, organized by the patient's needs. Self-

taught home cook and two-time cancer survivor Ann Ogden

Gaffney discovered during her months of treatment for breast

cancer that she was able to find powerful relief for her

symptoms through cooking. Realizing that other patients and

families could benefit from the skills and techniques she'd

learned, she began to offer advice, recipes, and free classes to

fellow patients. A former fashion consultant, Gaffney realized

after her treatment that her heart was no longer in seasonal

colors and hemline trends. Instead, she wanted to help people

with cancer and their families cook and care for themselves. In

2007, the nonprofit organization Cook for Your Life was born.

Its programs have received funding from the National

Institutes of Health (NIH) and have been embraced by

organizations...



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Reviews

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