



The Back in the Swing Cookbook: Recipes for Eating and Living Well Every Day After Breast Cancer

Barbara C. Unell, Judith Fertig

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The Back in the Swing Cookbook is a life-affirming book full of 150 feel-good recipes that are easy to prepare, with fresh ingredients specifically designed to help breast cancer survivors get back in the swing of joyful, healthy living. It's a book that you will love to hold in your hands, and use in the kitchen, as a friend and guide to delicious meals and a lifestyle that makes you feel positive. In addition to fabulous food and drinks, the beautiful pages include luscious photographs and fun-to-read, smart, friendly nuggets on topics ranging from genetics, lifestyle choices, and the environment to the influence of all three on living a full and happy life.

Created specifically for breast cancer survivors by the national grassroots nonprofit organization Back in the Swing, *The Back in the Swing Cookbook* answers the number-one question on every cancer survivor's mind: "How do I safely and smartly get back in the swing of life every day after experiencing breast cancer?" Every page is brilliantly designed to nurture your mind, body, and spirit with new information not found in any other cookbook. It is a special gift of goodness to give oneself, a friend, a coworker, or a family member that will reap healthy rewards for a lifetime.

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Barbara Kyle:

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was represented just how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. The writer made some research when he makes this book. Honestly, that is why this book suited all of you.

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