



Crazy Sexy Cancer Tips

By Kris Carr

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Actress and photographer Kris Carr thought she had a hangover, but a Jivamukti yoga class didn't provide its usual kick-ass cure. A visit to her doctor confirmed her "liver looked like Swiss cheese," covered with cancerous tumors. She entered trench warfare (wearing cowboy boots into the MRI machine, no less), vowing, "Cancer needed a makeover and I was just the gal to do it!" She began writing and filming her journey, documenting her interactions with friends, doctors, alternative "quacks," blind dates, and other women with cancer—sadly a growing group. CRAZY SEXY CANCER TIPS gathers the lessons learned and advice offered from Carr's own journey, as well as the experiences of her cancer posse. Full-color photos accompany personal stories and candid revelations in this scrapbook of advice, warnings, and resources for the cancer patient. Chapters cover your changing social life, dating, sex, and appearance; essential health tips on how to boost your immune system; recipes; medical and holistic resources; and information on young survivor support groups. The resulting book is a warm, yet informative tool for any woman newly diagnosed with the disease and for those who love them.

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Editorial Review

Review

"I read *Crazy Sexy Cancer Tips* cover to cover on a flight from LA to NY. I laughed out loud, wept quietly, and most of all, marveled at the magic that is Kris Carr. If Deepak Chopra, *What To Expect When You're Expecting*, and *Sex and the City* had a love child, it would look just like Kris' *Crazy Sexy Cancer Tips*. It is sheer perfection for cancer 'cowgirls' and their loved ones—colorful, soulful, and intimate."

—Rory Freedman, coauthor of #1 NY Times best seller *Skinny Bitch*

"Kris is a ray of light that is needed to raise awareness of what it means to give back. What more can one wish for? She is a true leader of courage and inspiration."

—Donna Karan

"Kris Carr has done something extraordinary with this book: She has put cancer in its place. She has triumphed, and paved a path by which others can triumph too. She deserves our most heartfelt 'Bravo.'"

—Marianne Williamson

Author of *A Return to Love* and *Everyday Grace*

When you have been there you know the experience and can help others survive their journey through the difficulties of life. Kris Carr's book is an excellent resource filled with tips on how to not only survive but thrive. If you have the inspiration, desire and intention to be a survivor the abundant information about life and living contained in this book will coach you in a way that will make you an empowered star performer and winner in the face of adversity.

—Bernie Siegel, MD

Author of *Love, Medicine & Miracles* and *Help Me To Heal*

"I love Kris's book because it made me feel so many things. Familiar things. It made me laugh and reflect. And thank God she has the courage and generosity to share her experience. This book will be a comfort to so many who are going through the experience or who have graduated to survivor."

—Sheryl Crow

From the Foreword

From the Back Cover

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--Bernie Siegel, MD

Author of Love, Medicine & Miracles and Help Me To Heal

About the Author

Kris Carr is a beautiful and talented actress, photographer, filmmaker, writer, and cancer survivor.

Sheryl Crow is a nine-time Grammy-winning American blues rock singer, guitarist, bassist, and songwriter. She's also a breast cancer survivor.

Users Review

From reader reviews:

Michael Stein:

This Crazy Sexy Cancer Tips are reliable for you who want to certainly be a successful person, why. The explanation of this Crazy Sexy Cancer Tips can be on the list of great books you must have is definitely giving you more than just simple reading food but feed anyone with information that possibly will shock your previous knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed kinds. Beside that this Crazy Sexy Cancer Tips giving you an enormous of experience like rich vocabulary, giving you trial run of critical thinking that we know it useful in your day exercise. So , let's have it appreciate reading.

Bobby Tremblay:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to

fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled Crazy Sexy Cancer Tips can be very good book to read. May be it could be best activity to you.

Lisa Keener:

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