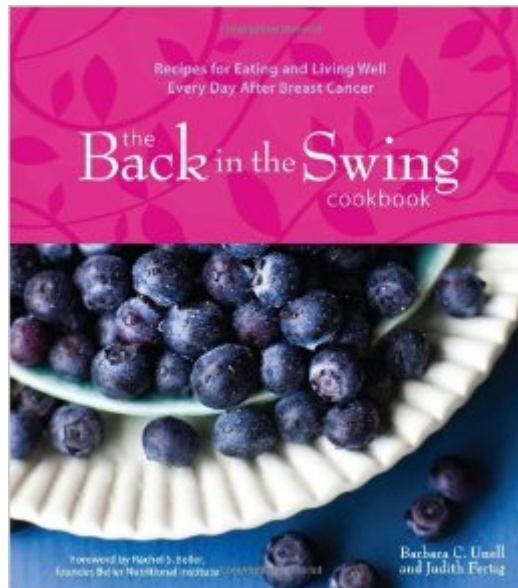


The book was found

The Back In The Swing Cookbook: Recipes For Eating And Living Well Every Day After Breast Cancer



Synopsis

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.

Book Information

Hardcover: 288 pages

Publisher: Andrews McMeel Publishing; First Edition edition (August 7, 2012)

Language: English

ISBN-10: 1449418325

ISBN-13: 978-1449418328

Product Dimensions: 8.1 x 0.9 x 9.1 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (14 customer reviews)

Best Sellers Rank: #987,194 in Books (See Top 100 in Books) #141 in Â Books > Cookbooks, Food & Wine > Special Diet > Cancer #372 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #1438 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

Back in the Swing is about living well and eating well after you survive breast cancer. I have not had breast cancer but was drawn to this beautiful raspberry and blueberry covered book. The cover is part cloth and part hardcover... very unique feel with the two textures. The stories and information about survivorship and healthy lifestyle are inspiring and very doable. As a cookbook lover, I was

impressed with the at-a-glance listing of "Back in the Swing Key Foods," especially since it included dark chocolate and coffee, two of my can't-live-without obsessions. AND the chapters start with DESSERT! What fun. The authors say there is no point to deprive yourself of pleasures, just do so in moderation. Hurray! The book is a great read for anyone and totally stresses LIVING. I liked the pages on having pets, the top 25 movie musicals of all time, meditation, breathing deeply, and shopping. Hope you try this book, it is delicious.

I didn't find many recipes and pictures that looked good to me. Most of the recipes had many ingredients and long preparation details. As a one-person household, recipes for 8 or 12 are of no interest--even 4 is questionable to reduce down. Also, too many quotes and extra chit-chat that I found rather annoying for a cookbook. I will go back through it again but will probably give it away.

This cookbook is absolutely gorgeous. I gave it to my mother, a breast cancer survivor, for christmas. I am trying to help her improve her diet, and this book is full of great ideas, tips, and delicious recipes. Loved how the book is geared towards survivors, but anyone touched by breast cancer would appreciate this book. There are lots of tips throughout for how to get "back in the swing" after this experience.

All of the recipes that I have made so far have been delicious. It is also empowering to feel that you have some control over your recovery and this book definitely helps with that feeling. I love the stories on each page. They are uplifting and very informational.

Good for post breast cancer surgery! Includes great recipes and guidelines for prevention! Like the list of possible foods to refer to!

I love this book. It is so much more than a cookbook. The book is uplifting and all the recipes I have made have been delicious.

Full of good food, good advice, and good information! Stories are really helpful and the recipes are easy and delicious!

[Download to continue reading...](#)

Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon

Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) The Back in the Swing Cookbook: Recipes for Eating and Living Well Every Day After Breast Cancer Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Breast Cancer Treatment Handbook: Understanding the Disease, Treatments, Emotions, and Recovery From Breast Cancer Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) The LAWs of the Golf Swing: Body-Type Your Golf Swing and Master Your Game Eating Well Through Cancer: Easy Recipes & Tips to Guide you Through Treatment and Cancer Prevention Eating Well Through Cancer: Easy Recipes & Recommendations During and After Treatment The Square to Square Swing - The Most Accurate Swing in Golf