

# Week #2 - Chapters 4-6

## Nourishing Your Spirit / Mind / Body.

### NOTE FROM AUTHOR

**Let's face it,** cancer, surgery, chemotherapy, or radiation are never part of the plan. However, learning to care for yourself with coping strategies and relaxation can bring comfort and strength.



**Mind -**  
How will you nourish your mind today?

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**Spirit -**  
How can you practice saying "yes" to yourself and "no" to others when it supports your needs?

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**Body -**  
How will you nourish your body today?

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