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## A Survivor's Guide To Kicking Cancer's Ass

*By Dena Mendes*

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It's a ballsy move to look in the face of cancer and say, I'm gonna kick your ass! Yet Dena Mendes did just that, and now she'll tell you how to do the same thing! This book is a crash course in learning how to be your own advocate. Empower yourself by using your intuition and newfound knowledge, and you'll come through this difficult yet amazing health-awakening opportunity with flying colors. With this step-by-step guide at your side, your journey will turn into a beautiful dance. As Dena promises, "You'll get to turn yourself inside out and become someone new. I guarantee that this is the best trip you'll ever take" This guide is a life preserver that has been created to support you on your journey back to perfect health. . . .

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### **About the Author**

Dena Mendes received her degree in Public Health and Broadcast Journalism from Arizona State University, and is a Doctor of Naturopathy. In addition, she is licensed and certified as a health coach, holistic yoga instructor, holistic chef, and pranic healer. Also a cancer survivor, Dena has integrated and woven together the physical, mental, and spiritual aspects of holistic health into a life force that has served her well-and today offers wellness programs that are designed to fit individual or corporate needs.

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