Resources

1. Peloton app and/or bike, treadmill, etc

If you listen to the trainers and apply what they are saving to the cancer patient, you can start to think of yourself more as an athlete, training for the ultimate race. This can appeal to many, and the trainer’s positive coaching and affirmations help you put one foot in front of the other. I struggled but eventually managed to run 3 miles a day by listening to this app, while being worked up for lung cancer. I highly recommend running coach Becs Gentry, who supported me by sending cards and gifts to encourage me. This physical component would become key, because exercise improves overall survival across all cancers! I learned this last bit from two expert oncologists. Reference:

1. *The Measure of Our Days*: *A Spiritual Exploration of Illness*, by Jerome Groopman, M.D.

Dr. Groopman is a Hematologist and Oncologist at the Massachusetts General Hospital. He writes about patients he’s had, and how they have affected him. His Jewish faith helps him cope, and his findings in the laboratory give him hope.

1. *Cancer as a Turning Point*, by Lawrence LeShan, Ph.D.
2. *The New Earth,* by Eckhardt Tolle
3. *Radical Remission*: Surviving Cancer Against All Odds, Kelly A. Turner, Ph.D.
4. https://www.alkpositive.org