



I Have Cancer. And I've Never Felt Better!

Tracy Krulik

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I Have Cancer. And I've Never Felt Better! Tracy Krulik

Told with both frankness and humor, *I Have Cancer. And I've Never Felt Better!* is the everyman's (or woman's) Lance Armstrong story. It's one woman's wild journey from unraveling a medical mystery that took nine years to solve, to navigating the science and art of medicine in search of the right treatments, to finally awakening to a healthier, more balanced life -- with cancer.

Just as millions of people live healthy lives with chronic diseases like diabetes and even HIV, Tracy Krulik shares how she learned to do the same in her fight against cancer -- using her bike and a plant-based diet as weapons.

I Have Cancer. And I've Never Felt Better! Details

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Author : Tracy Krulik

Format : Paperback 298 pages

Genre : Nonfiction, Autobiography, Memoir, Health, Biography, Inspirational, Transport, Bicycles

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From Reader Review I Have Cancer. And I've Never Felt Better! for online ebook

Shelby says

I started this book one morning and ended up reading it cover to cover in one day! Tracy takes you with her through her journey with cancer, even before she was officially diagnosed. Her writing is entertaining, humorous at times, extremely honest, and sometimes so direct that you feel as if she were sitting next to you and telling you her story in person. By the time you finish this book, not only will you feel like you know Tracy Krulik, but you will certainly feel empowered by the idea of taking back your health! Tracy is a fighter and an inspiration.

Eff you, cancer!

Kathie says

Tracy's humor abounds in this compelling story about her misdiagnosis and fight to gain power over cancer. I found myself laughing out loud at several points - great writing style will do this to a person! I respect her frankness and honesty - and admire her positivity and determination.

Therese says

\$0.0

Phyllis says

Wow. what a story. it was an incredible experience to actually walk alongside Tracy as she described what it was like to experience cancer.

Yvensong says

3 1/2 to 3 3/4 stars

This wasn't exactly what I was looking for when I picked this up, yet, it was well-written and a very good reminder why everyone needs to be their own advocate of their health. The author's candid story of her journey from being sick, and having her illnesses misdiagnosed for several years, to finally finding doctors who listened to her and finally finding the cause(s) of her illnesses, was thought-provoking.

Her narrative was fast-paced, easy to follow and witty with some biting sarcasm thrown in. Near the end, the sarcastic sides were starting to detract from the story for me, but I can understand her sentiment, as I am

fighting the same monster as she. Sometimes, the only way to deal with some of the absurdities one has to face while facing down cancer is to hit back with sarcasm. Laughing at the absurdities can also be part of the healing process.

I liked her style of writing. It felt like I was sitting across the table from her as she told me her story. It was personal and tangible.

The other reason I can not give this 4-5 stars, was that there were a few minor editing issues.

Ileana says

Well written story and good lesson.

The story is gripping, and the book is full of great examples of being an e-patient: reading and researching about your disease, picking the right doctors for you, eating well and exercising a lot will improve your odds. Highly recommended.

Kandi Crill says

I have gone through stage 4 cancer twice and this book resonated with me.

Heather Chastain says

wonderful, inspiring, uplifting!
