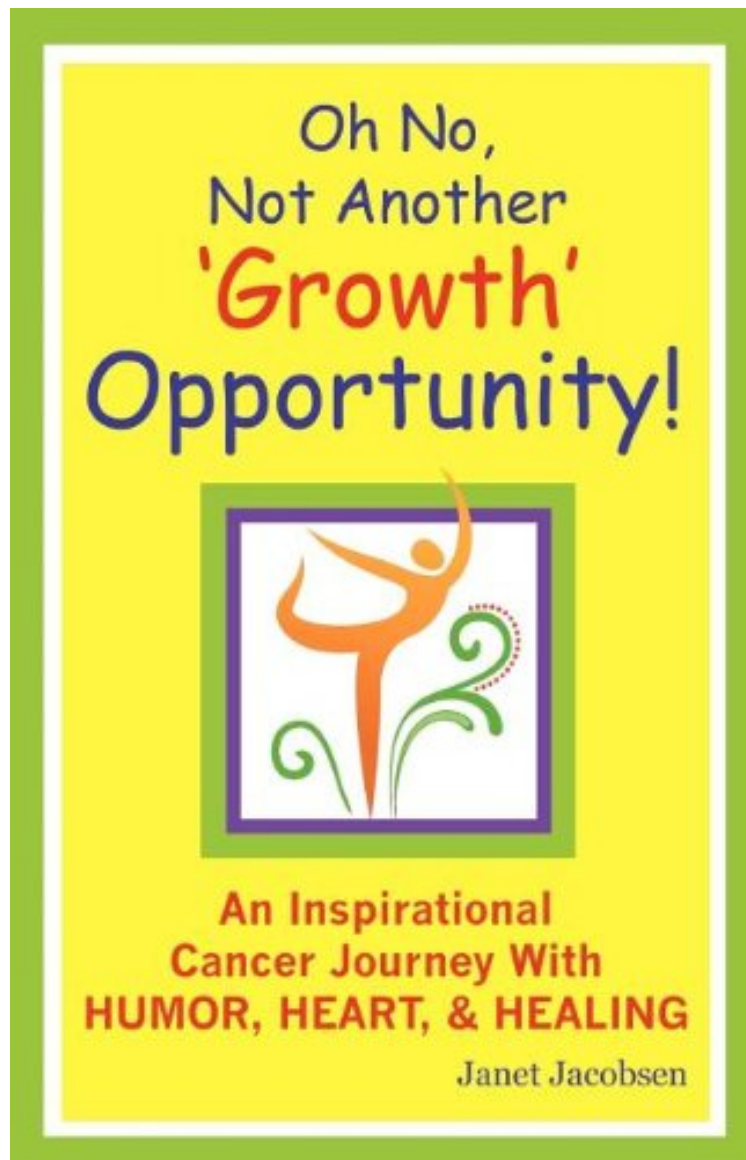


(Download) Oh No, Not Another 'Growth' Opportunity! An Inspirational Cancer Journey With Humor, Heart, and Healing

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Janet Lee Jacobsen

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Janet Lee Jacobsen : Oh No, Not Another 'Growth' Opportunity! An Inspirational Cancer Journey With Humor, Heart, and Healing before purchasing it in order to gage whether or not it would be worth my time, and all praised Oh No, Not Another 'Growth' Opportunity! An Inspirational Cancer Journey With Humor, Heart, and Healing:

3 of 3 people found the following review helpful. Very Inspirational!By Pam OJanet's wisdom and humor in this book are so inspirational. I appreciate her authenticity as she shares her journey through her cancer "experience." I found it very helpful, reassuring, and inspiring. Her story also feels comforting to me. There are so many things written about cancer and other life-challenging illnesses that the very word "cancer" can terrify people. So to hear someone describe the journey with love, insight, and humor - makes it feel doable and less frightening. It no longer feels like a death sentence - or something to fear. She shows how situations like this can be used to bring us to a higher state of awareness and appreciation. She helps us see how to turn any life situation into a positive growth experience. To see how Janet faces and resolves her fears and inner issues with such courage, honesty, and heart is amazing. This is a great read for anyone who wants to learn how to face their life-challenging issues with grace, calm, humor, strength, and determination. Janet is a great role model and a fun teacher.2 of 2 people found the following review helpful. awesome, inspiring story, well writtenBy N. GordonJan Jacobsen has the courage to face into one of everyone's biggest fears, death, and on top of that, cancer. She approaches it with rawness, authenticity and humor. Her writing and her life story is such an inspiration to me. If you have had a brush with cancer, if you know someone who has, if you want to get more real on your journey through whatever trial, get this book and your path will be way more meaningful and full; maybe even fun.Thankyou Jan for being willing to face into who you are and to share so freely with the world.2 of 2 people found the following review helpful. Oh No, Not Another Growth Opportunity!By CeijakeJanet Jacobsen shares her experience with insight and wit...its not just about cancer, but the reasons why and how we respond to life's difficulties. She's smart, clever and candid, and her unique take on such a sensitive subject is thought-provoking and dare I say, funny too!

Janet Jacobsen writes with candor, compassion, and refreshing humor about her adventure with cancer. The book reveals her holistic healing approach, which includes calming emotional and spiritual practices, as well as the diet and alternative treatments that have extended her life, and possibly even cured her cancer. It is a compelling journey of physical, emotional, and spiritual healing. On this journey she faced her worst fears and discovered the surprising gifts inherent in adversity. When it seems that life has turned on us, it has instead turned us ON, turning up the light and volume of our aliveness. This book is a valuable guide for anyone with life challenges who wants to be uplifted, touched, encouraged, informed, and even amused. Yes, it's true...we can find humor in ANYTHING! After the initial shock of her cancer diagnosis, she realized that it was the ultimate personal growth opportunity and was determined to get the most growth she could from it. It was also an opportunity to do the inspirational writing she always said she'd do someday. Cancer kicked her 'someday' into 'write now'! She began writing about her cancer journey and sharing it with others in a newsletter. When the cancer returned as a tumor the size of a lemon, her first reaction was, "Oh no, not another 'growth' opportunity!" Being given a lemon-a really sour, potentially lethal lemon-she was determined to turn it into sweet lemonade. If time was short, as her doctor predicted, she wanted to get as much juice as she could out of it-to live, love, learn, and grow fully, and share it all with others. This book contains the inspiring essays she wrote on her journey and reveals the gold she mined along the way. Here are some responses to the essays in this book: "What a wonderful essay! So clear and deep, an inner ocean of knowing - beautiful!" -Mary-Margaret Moore, Author of I Come As A Brother (by Bartholomew) "I am delighted each time I read another one of these essays - so rich - so inspiring - so reminding!" -Dale Figtree, Author of Beyond Cancer Treatment "What a fabulous set of insights and learnings expressed in a right-now way." -Kathlyn Hendricks, Co-Author of Conscious Loving "I love and am deeply touched by these insights. I have often wondered how people feel when they go through the 'cancer experience.' Now I know how a very aware person feels, and how they handle it." -Pamala Oslie, Author of Life Colors "Such an inspirational message. I enjoyed it and smiled often while reading it, and actually said 'wow' out loud twice." -Walter Witkowski, Teacher "Each essay captivates me with its rawness, honesty, insight, and inspiration. I gain so much from each one of them and apply it to my own journey with cancer." -Martha McVay