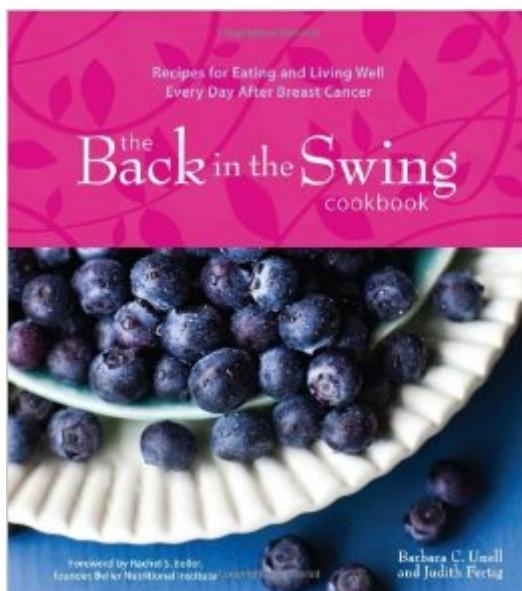


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# The Back In The Swing Cookbook: Recipes For Eating And Living Well Every Day After Breast Cancer



## Synopsis

The Back in the Swing Cookbook is a life-affirming book full of 150 feel-good recipes that are easy to prepare, with fresh ingredients specifically designed to help breast cancer survivors get back in the swing of joyful, healthy living. It's a book that you will love to hold in your hands, and use in the kitchen, as a friend and guide to delicious meals and a lifestyle that makes you feel positive. In addition to fabulous food and drinks, the beautiful pages include luscious photographs and fun-to-read, smart, friendly nuggets on topics ranging from genetics, lifestyle choices, and the environment to the influence of all three on living a full and happy life. Created specifically for breast cancer survivors by the national grassroots nonprofit organization Back in the Swing, The Back in the Swing Cookbook answers the number-one question on every cancer survivor's mind: "How do I safely and smartly get back in the swing of life every day after experiencing breast cancer?" Every page is brilliantly designed to nurture your mind, body, and spirit with new information not found in any other cookbook. It is a special gift of goodness to give oneself, a friend, a coworker, or a family member that will reap healthy rewards for a lifetime.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (14 customer reviews)

Best Sellers Rank: #987,194 in Books (See Top 100 in Books) #141 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Cancer #372 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #1438 inÂ  Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

Back in the Swing is about living well and eating well after you survive breast cancer. I have not had breast cancer but was drawn to this beautiful raspberry and blueberry covered book. The cover is part cloth and part hardcover... very unique feel with the two textures. The stories and information about survivorship and healthy lifestyle are inspiring and very doable. As a cookbook lover, I was

impressed with the at-a-glance listing of "Back in the Swing Key Foods," especially since it included dark chocolate and coffee, two of my can't-live-without obsessions. AND the chapters start with DESSERT! What fun. The authors say there is no point to deprive yourself of pleasures, just do so in moderation. Hurray! The book is a great read for anyone and totally stresses LIVING. I liked the pages on having pets, the top 25 movie musicals of all time, meditation, breathing deeply, and shopping. Hope you try this book, it is delicious.

I didn't find many recipes and pictures that looked good to me. Most of the recipes had many ingredients and long preparation details. As a one-person household, recipes for 8 or 12 are of no interest--even 4 is questionable to reduce down. Also, too many quotes and extra chit-chat that I found rather annoying for a cookbook. I will go back through it again but will probably give it away.

This cookbook is absolutely gorgeous. I gave it to my mother, a breast cancer survivor, for christmas. I am trying to help her improve her diet, and this book is full of great ideas, tips, and delicious recipes. Loved how the book is geared towards survivors, but anyone touched by breast cancer would appreciate this book. There are lots of tips throughout for how to get "back in the swing" after this experience.

All of the recipes that I have made so far have been delicious. It is also empowering to feel that you have some control over your recovery and this book definitely helps with that feeling. I love the stories on each page. They are uplifting and very informational.

Good for post breast cancer surgery! Includes great recipes and guidelines for prevention! Like the list of possible foods to refer to!

I love this book. It is so much more than a cookbook. The book is uplifting and all the recipes I have made have been delicious.

Full of good food, good advice, and good information! Stories are really helpful and the recipes are easy and delicious!

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