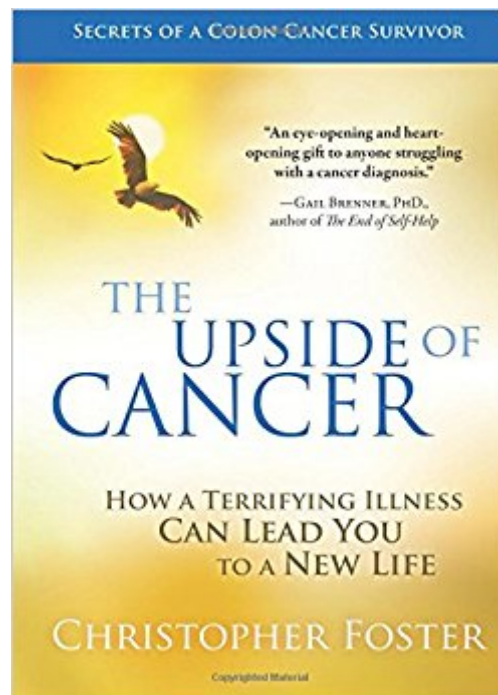




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# The Upside Of Cancer: How A Terrifying Illness Can Lead You To A New Life



## Synopsis

A cancer diagnosis strikes at the core of our being. We may feel that life as we have known it is over and we face a dark and painful journey into the unknown with no light at the end of the tunnel. This spiritually uplifting book offers a more positive view. Praised as a "powerful piece of writing" and a "brief, exceptionally rewarding book" by Top 100 reviewer Grady Harp, *The Upside of Cancer* shows a cancer diagnosis--or any major trauma--can lead us not to despair but to a deeper experience of courage, joy, and inner peace. With stories and words of encouragement from his own life, the author--diagnosed with colon cancer in 2013 at age 81--demonstrates how to reduce anxiety and stay positive as you listen to the wisdom of your own heart, find solace in stillness and face the fear of death. The Upside of Cancer will help you achieve the following goals:

- Finding inner peace
- Overcoming anxiety
- Finding Joy

Author of 7 inspirational books, Christopher Foster writes about finding happiness and aging well at [The Happy Seeker.com](http://TheHappySeeker.com). He was honored recently when his personal story was included in the 'Stories of Hope' section at the American Cancer Society website.

## Book Information

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## Customer Reviews

"What makes Christopher's book unique is the extraordinary positive sense he conveys in offering an alternative to despair in the face of a diagnosis of cancer..."--Grady Harp, Hall of Fame, Top 100 Reviewer, and Vine Voice "A very touching book. The author's experience with cancer...illuminates his spiritual reflections."--Mary Guese, MD "This uplifting look at one

man's journey with cancer offers a spark of hope to so many others."--Larry Krantz, MD  
"Readers will benefit immensely from these unique thoughts on illness and recovery."--Jacquie Snow, Licensed Clinical Social Worker (Rtd)"An eye-opening and heart-opening gift to anyone struggling with a cancer diagnosis."--Gail Brenner, Ph.D, Author, The End of Self Help "Everything changed for Christopher Foster when he began to see cancer not as an enemy, but as a teacher."--Harold G.Koenig, M.D., Professor of Psychiatry and Behavioral Sciences and Associate Professor of Medicine, Duke University Medical Center

I seek to share in my new book how cancer, for all its horrors, can lead us to a new life. It can teach us one of life's most important lessons: If you suppress fear, you suppress joy. If you face fear, your joy increases and you discover how boundless the joy of life really is. Who doesn't long for more joy? Who doesn't long for an antidote to anxiety? I've known a lot of fear in my life. I have a "PhD" in anxiety! Maybe being a child in London in the early days of the Blitz had something to do with it. Or perhaps fear saw the joy bursting from my eyes when I was a babe and decided to make an example of me. For whatever reason, I learned to suppress my feelings--especially anxiety--at an early age. It became my default approach to life for many years. But no more. I'm not grateful that cancer exists in our world, or intruded so abruptly into my life. Of course not. But I am thankful that cancer, like any major affliction, can help us grow, and see more clearly that fear comes and goes--like the wind--but our spirit is ageless, eternal and forever free.

I stumbled across Christopher Foster's blogsite years ago . . . and have been a rabid fan ever since. This book of his is quietly startling. Foster seems to talk past your normal brain chatter to a deeper self . . . His style is as meaningful as it is hypnotic. I can't put my finger on exactly how he does it, but the author has a way of engaging deep truths in refreshingly simple ways. This book is a must-give gift to anyone going through physical trauma or illness. It needn't be cancer. The theme is universal -- that we have access to something timeless within. Always. No matter the circumstance. If you are experiencing such a shift in health, do yourself a favor and dive into this book right away.

As a spouse of one going through the "three arms" of Medicine's protocol for cancer, this beautifully written book has been a source of much inspiration and courage to both of us. Cancer does, as Chris discovered, bring one face to face with one's mortality. Reading The Upside of Cancer was

more a walk with the author than the reading of a story. Chris has a way with words that convey in candid detail his profound yet simple view of life with all its surprises and sudden turns. He sees the upside of every downturn, the secret, I believe, to his victorious experience with cancer, which is typically and historically viewed as the dreaded "Big C." Who among us doesn't fear cancer? Who among us doesn't fear death? Chris faced his fears with love, love of life and of the peace and serenity he had come to know all too well over the years that lies at the very core of his being. Fear has no chance with love. I've known Chris for many years and have never seen him looking down upon life. And now, with the squeeze of this health crisis - and like the proverbial bar of soap that, under pressure, goes in the direction in which you point it - he went up by looking up. This is a book for everyone, for who does not feel the squeeze of tough and trying circumstances? Look up and go up! That's this author's inspiring invitation. As a health care professional, *The Upside of Cancer* is a must read for anyone facing a catastrophic illness. I loved it.

A dear friend of mine has cancer and I wanted to see if this little book might be helpful for her. I love the simple, yet profound thoughts Chris conveys about life, wisdom, peace, and the larger arc of life within which we all dwell. His words could bring comfort to anyone facing this frightening diagnosis. I will give it to my friend.

Short, sweet, poignant - told from the viewpoint of a cancer survivor taking that very scary journey from diagnosis, treatment, and finally to cancer-free. Recommended for all.

British born author Christopher Foster was diagnosed with colon cancer in 2013. He now writes about that discovery and experience with a thoughtful, positive approach that will be of benefit to anyone facing a sudden trauma or to each of us as we encounter different levels of life change. Christopher was diagnosed with colon cancer in the fall of 2013. The call from the doctor on a sunny afternoon a few days following a routine colonoscopy hit me like a punch in the gut. But read on in this brief, exceptionally rewarding book and discover a man in his 80s who is happy and likes to promote the possibilities and potential of aging whenever he has a chance. He has been honored by the American Cancer Society for his contributions to offering hope for cancer victims. He is a former reporter and weekly newspaper editor. He lived and worked in London, Southern Rhodesia (now Zimbabwe), New Zealand, and British Columbia before moving to Denver Society for his contributions to offering hope for cancer victims. Christopher has four very popular books on the joy of aging and other inspirational

tomes. What makes Christopher Fuchs's book unique is the extraordinary positive sense he conveys in offering an alternative to despair in the face of a diagnosis of cancer and instead tells us such a diagnosis and alteration of our lives offer the opportunity to take stock of life anew — focusing on those aspects of being allowed time on the planet to witness the miracles around us and step into our inner courage and communicate as much with our heart as with our brain. Fuchs's "Death be not proud" by John Donne comes to mind as we absorb Christopher Fuchs's messages. His leading us to a pathway of inner peace is a powerful piece of writing. Grady Harp, March 16

As someone who has had his outlook on life radically changed by surviving a life-threatening illness I am able to empathize with the story that Christopher Foster tells about how facing his own mortality upon receiving the diagnosis of cancer gave him a much deeper appreciation of life and its meaning. Although my issue was not cancer but a ruptured abdominal aneurysm that should have brought my life to an end, facing and dealing with the reality of death can bring about a whole new outlook on life. Foster's writing is concise and to the point as he tells his compelling story of how he did not let his cancer diagnosis defeat or embitter him, but how he used it to gain wisdom, inner peace, and a much more connected relationship with the world around him. We can all learn from what Christopher Foster has to offer in this little gem of a book.

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