Reduce Your Cancer Risk: Twelve Steps To A Healthier Life

Co-published with the American Cancer Society, Reduce Your Cancer Risk: Twelve Steps to a Healthier Life provides comprehensive information about how to reduce cancer risk organized around a 12-step action plan. The book takes the reader from how to assess one's cancer risk on to the latest cutting edge research on lifestyle changes that can minimize an individual’s risk factors. Reduce Your Cancer Risk separates fact from fiction about cancer.