

CAROL LYNNE FOUAD - SURVIVOR

# The Empowered Cancer Journey

Knowing, Doing, Surviving  
*An Intuitive Approach to Healing*

The Empowered Cancer Journey

C FOUAD

## ABOUT THE BOOK

This book serves as an inspiration to those who are willing to think and act from outside "the [medical] box" when it comes to surviving cancer or other serious illnesses. Rather than suggesting that you submit to "The Medical Machine" upon diagnosis, this book will encourage you to step into your authentic power. It will help you to create a game plan based on sound information, intuition and trust. Within these pages, you will learn about various mind/body practices as well as holistic modalities that address the mind/body and body-at-home techniques which lend to mind/body balance and basic nutritional advice which may help to support you on your unique journey. Consistently checking in with her "Inner Physician" is what brought the author to a cancer-free status within one year. "The Empowered Cancer Journey" narrates an all-or-none inevitability to overcome the challenges that enter our lives, which very often serve as a wake-up call.

## ABOUT THE AUTHOR



Carol Lynne Fouad is a former Catholic priest who worked within the Beauty & Wellness Industry for over 30 years. She learned early in life that taking care of one's body isn't the easiest proposition, but throughout her cancer journey, Carol reinforced faith and processed our "unforgotten" emotions and self-defeating thought patterns which plagued her since childhood. The most important lesson learned was that understanding the mental/emotional root cause of any illness is crucial if one wishes to be successful on their healing journey - regardless of the physical outcome.