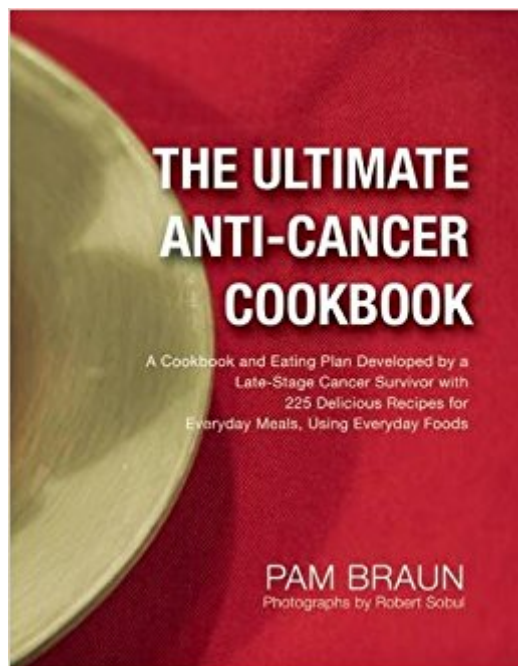


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# **The Ultimate Anti-Cancer Cookbook: A Cookbook And Eating Plan Developed By A Late-Stage Cancer Survivor With 225 Delicious Recipes For Everyday Meals, Using Everyday Foods**



## Synopsis

The Ultimate Anti-Cancer Cookbook takes "you are what you eat" to a whole new level with easy to use recipes, using everyday foods. Incorporating sound science, a chef's sensibility, and common sense, this indispensable reference gets tons of use while inspiring well-being with Pam Braun's delicious recipes that are virtuous for your body. Plus, readers learn about nutrition along the way.

## Book Information

Paperback: 280 pages

Publisher: Rare Bird Books, A Vireo Book; 1 edition (October 15, 2013)

Language: English

ISBN-10: 0988745615

ISBN-13: 978-0988745612

Product Dimensions: 7.8 x 0.8 x 9.7 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 51 customer reviews

Best Sellers Rank: #305,013 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention](#) #61 in [Books > Cookbooks, Food & Wine > Special Diet > Cancer](#) #419 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

## Customer Reviews

Pam Braun, late-stage, 12-year cancer survivor, takes "you are what you eat" to a whole new level with the easy-to-use, everyday foods-based The Ultimate Anti-Cancer Cookbook. Incorporating sound science, a chef's sensibility, and common sense, this indispensable reference gets tons of use while inspiring well-being with Pam Braun's delicious recipes that are virtuous for your body. Plus, readers learn about nutrition along the way. Now in its fourth printing with new features! Author Pam Braun is committed to making her book as user-friendly as possible, and has taken readers' comments into consideration. Awards Winner 2015 Holiday Book Festival & Cookbook Category 2014 Great Southwest Book Festival & Cookbook Category 2014 Great Midwest Book Festival & Cookbook Category Honorary Mention 2014 San Francisco Book Festival & Cookbook Category 2014 Readers' Favorite Awards & Cookbook Category Finalist 2014 International Book Awards & Cookbook Category 2014 USA Best Book Awards & Cookbook Category About the Author Pam Braun is a cancer survivor and avid culinary enthusiast. She lives in Los Angeles.

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This is a beautiful book. And therein lies the problem. It's so "pretty," it's hard to read. PROS: The author intersperses information and recipes with encouraging words gleaned from her own journey and ultimate victory over the C-word. It's beautiful, with glossy, full-color pages in bright, eye-pleasing shades; plenty of pictures. The pages themselves look appetizing. CON: Readability is challenging. Overuse of italics, sometimes faint ink colors, and somewhat small fonts make reading slower than normal and a bit laborious. Examples: Reviews/Testimonials are printed in light gray ink on glossy white page, with only contributors' names in black ink. I had to focus and look really hard in order to read reviewers' comments. Many, if not most, pages were done in reverse-print - Usually color page background with light-color ink. A gold-colored page would have lighter gold or yellow print; dark-green page would have light-green print. Gorgeous, but no fun to read. Just imagine reading full pages of white text against black or dark-gray background. In some instances, print was darker but still still in color rather than black, so print was still somewhat eclipsed by page color. I wanted so much to like this book. I met the author and she's a charming, intelligent, good-humored lady dedicated to helping others. I take no pleasure in leaving a not-so-good review. I wish her tremendous success that will one day call for a second edition. Should second edition come out, in a more readable format, I'll be the first in line to get it. Unfortunately, I had to send this book back. Twenty dollars is too much to spend on a book I must strain to read. For anyone not bothered by the graphics layout, this is probably a very good book. My suggestion, if doable: First check out the book at whatever brick-and-mortar bookstore you can find. If it agrees with your eyes, great. If not, you'll save yourself the \$4.95 I had to pay in return postage.

My brother was diagnosed with cancer and this is one of the books that he was given as a resource. Out of curiosity and with an eye to making positive changes in my lifestyle I bought a copy too. This book does a good job of sharing personal experiences and relating fact and advice. The author's personal success in extending his life well beyond expectation has given me hope for my brother's situation and I have a greater appreciation of his situation and his efforts to remain healthy.

The book is beautiful and the recipes are wonderful. This cookbook was written by talented woman who survived a very life threatening cancer. I bought it but was somewhat concerned that there would be foods I wouldn't like or complicated recipes. Neither of these things are the case. The

recipes are easy to follow, easy to assemble and delicious. I have tried several at this point, but believe I will sample almost everything in the cookbook in the future. I am a cancer survivor also and encourage anyone interested in a more healthy diet to buy this book for yourself or give it as a gift. It is fabulous and Pam's personal story is outlined within. She has multiple endorsements from doctors and diet experts. This is a must-buy!!!!

I love the concept of the book and all the wonderful information. This book gives me the recipes to go along with Servan-Schreiber's Anti-Cancer and Beliveau and Gingras's Foods to Fight Cancer. It ties it all together. It gives me delicious, tasty, easy to prepare recipes and tells me about their cancer fighting properties. I am a cancer survivor, but this book is for everyone.

Make room on your cookbook shelf for this great collection of recipes with a focus on cancer-fighting foods rich in antioxidants and other important nutrients. There are must-try recipes for breads (sweet potato bread with oatmeal topping!), soups (refried bean soup!), entrees (salmon burgers!) and enough fruit- and veggie- based fare to keep you interested no matter what is in season. In addition, the author has done her homework, and provides the reader with great insights into the role of diet in fighting/avoiding cancer.

Very difficult to read because of ink on picture choices. Information is interesting.

Wanted a book based on healthy meals since many people I know have had or died from cancer. I know this can't prevent me from getting cancer, but it may help.

The black ink was grey. I couldn't read the recipes. The pages with pictures had nice black ink but the recipes and the index in back wasn't legible. I returned it. The author contacted me to offer a free copy of the cookbook. Thanks Pam Braun!

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