

DAVID HEWITT



David is an **established author** and semi-retired **professional engineer**

who has held three Quality Director roles and now runs his own business helping other businesses to improve their quality systems. His diagnosis of prostate cancer (at Gleason 9) shocked the whole family and changed his life. Intrusive treatments followed over an 18 month period. Now, he currently has a PSA blood reading that is undetectable after several months of zero readings. He still doesn't really understand how this has happened but this book details his journey – it is emotional and hearttugging but also contains valuable lessons learned along the way. It was never an option not to get through this and never an option to give in. He wants to share this with you and if this helps then it has done the job it was intended to do. I want to project hope and inspiration. Awareness of this killer is fundamental to recovery – please go and get tested because early diagnosis can save lives!

MICHELLE BAUDUIN



Michelle is a professional **Holistic practitioner** and **Yoga Instructor** who has worked within the field of natural therapies and wellbeing for most of her life. She specializes in helping people to relax, reduce anxiety, restore, rebalance bodysystems and learn how to increase their general wellbeing through the use of complementary therapies. A holistic approach to health & wellbeing takes into consideration the body as a whole, physically, mentally, emotionally. Part 2 of this book shows how this approach helped David on his journey through recovery of prostate cancer and beyond, with easy-to-understand information. "My contribution to this book, along with David, is with the aim to help prostate cancer sufferers and men of all ages learn that ancient wellness techniques incorporated into everyday life can really make the difference in a positive way!" We hope that by sharing this information it will make people aware that prevention is as good as cure.!

Donations from sales to Prostate Cancer UK

THE JOURNEY THAT CHANGED MY LIFE

FROM PROSTATE CANCER
DIAGNOSIS TO COMPLEMENTARY
THERAPIES AND WELLNESS



PROSTATE
CANCER UK

DAVID HEWITT
AND MICHELLE

