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 undectable 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 leaned 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!

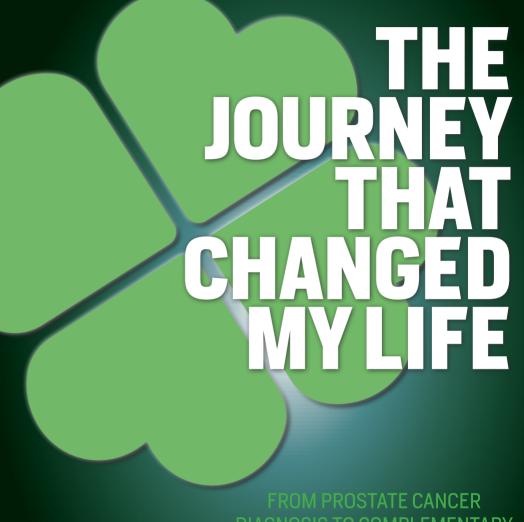
MICHELLE BAUDUIN

Michelle is a professional Holistic practitioner and Yoga Instructor who has worked and wellbeing for most of her life.

within the field of natural therapies 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 reallymake the difference in a positive way!" We hope that by sharing this information it will make people aware that prevention

is as good ascure.!

Donations from sales to Prostate Cancer UK



DIAGNOSIS TO COMPLEMENTARY THERAPIES AND WELLNESS



DAVID HEWITT AND MICHELLE



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