



You Can Be Beautiful Beyond Breast Cancer (Healthy Aging & Fitness)

Leslie Spencer

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You Can Be Beautiful Beyond Breast Cancer is the personal story of Leslie Spencer, a professor of health and exercise science, who trained for and competed in her first women's figure competition during treatment for breast cancer. With honesty and humor, she offers encouragement to fellow cancer survivors to set and reach their personal goals. Following sound and practical guidelines, she provides fitness and nutrition strategies to enable cancer survivors to reach new levels of wellness during and after treatment. While accessible to lay audiences, it is grounded in evidence-based practice and will benefit health professionals who work with cancer survivors.

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