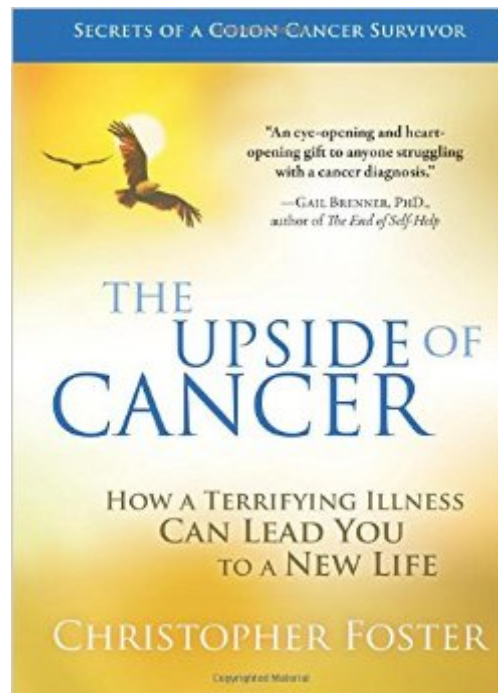


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# The Upside Of Cancer: How A Terrifying Illness Can Lead You To A New Life



## Synopsis

A cancer diagnosis strikes at the core of our being. We may feel that life as we have known it is over and we face a dark and painful journey into the unknown with no light at the end of the tunnel. This spiritually uplifting book offers a more positive view. Praised as a "powerful piece of writing" and a "brief, exceptionally rewarding book" by Top 100 reviewer Grady Harp, *The Upside of Cancer* shows a cancer diagnosis--or any major trauma-- can lead us not to despair but to a deeper experience of courage, joy, and inner peace. With stories and words of encouragement from his own life, the author--diagnosed with colon cancer in 2013 at age 81--demonstrates how to reduce anxiety and stay positive as you listen to the wisdom of your own heart, find solace in stillness and face the fear of death. *The Upside of Cancer* will help you achieve the following goals:

- Finding inner peace
- Overcoming anxiety
- Finding Joy

Author of 7 inspirational books, Christopher Foster writes about finding happiness and aging well at [The Happy Seeker.com](http://TheHappySeeker.com). He was honored recently when his personal story was included in the 'Stories of Hope' section at the American Cancer Society website.

## Book Information

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## Customer Reviews

As a spouse of one going through the "three arms" of Medicine's protocol for cancer, this beautifully written book has been a source of much inspiration and courage to both of us. Cancer does, as Chris discovered, bring one face to face with one's mortality. Reading *The Upside of Cancer* was more a walk with the author than the reading of a story. Chris has a way with words that convey in

candid detail his profound yet simple view of life with all its surprises and sudden turns. He sees the upside of every downturn, the secret, I believe, to his victorious experience with cancer, which is typically and historically viewed as the dreaded "Big C." Who among us doesn't fear cancer? Who among us doesn't fear death? Chris faced his fears with love, love of life and of the peace and serenity he had come to know all too well over the years that lies at the very core of his being. Fear has no chance with love. I've known Chris for many years and have never seen him looking down upon life. And now, with the squeeze of this health crisis - and like the proverbial bar of soap that, under pressure, goes in the direction in which you point it - he went up by looking up. This is a book for everyone, for who does not feel the squeeze of tough and trying circumstances? Look up and go up! That's this author's inspiring invitation. As a health care professional, *The Upside of Cancer* is a must read for anyone facing a catastrophic illness. I loved it.

I stumbled across Christopher Foster's blogsite years ago . . . and have been a rabid fan ever since. This book of his is quietly startling. Foster seems to talk past your normal brain chatter to a deeper self . . . His style is as meaningful as it is hypnotic. I can't put my finger on exactly how he does it, but the author has a way of engaging deep truths in refreshingly simple ways. This book is a must-give gift to anyone going through physical trauma or illness. It needn't be cancer. The theme is universal -- that we have access to something timeless within. Always. No matter the circumstance. If you are experiencing such a shift in health, do yourself a favor and dive into this book right away.

Uplifting and positive, Christopher Foster's courageous spirit shines through "The Upside of Cancer." He shows us that if you allow yourself to be open to your own inner wisdom, it will lead you past fear to a deeper spiritual connection with the cycle of life. You will see that the end of life is not something to be feared but looked upon as the next adventure we embark upon. And through Foster we get a glimpse of what it must feel like to have that open road before you. To be on "a journey to a new and more glorious experience of ourselves and of freedom." Highly recommended..

Chris Foster's remarkable victory is not only one of health over deterioration and denouement, but also of joy over despair. Looking the word (cancer) in the face, he has found the upside, the breakthrough opportunity, and the intercession available in turning disease into ease. A cancer survivor, he has become the

Comforter, and the colleague to others who face the fear of last rites and instead creates a rite of passage rich with opportunity and engagement with others. One is no longer facing disease and diagnosed fatality in reading this book. One has a true companion and an accomplished author of great wisdom when turning each page and ultimately enjoying the voice of victory which can become one's own. Here a shout-out to Chris Foster! • Dr. Tom Cooper

I have known Chris for many years now and his love for the Truth is profound. He just had a chance to prove that love and he passed with flying colors! This book is written in his informal yet passionate style and it conveys the whole of his experience....his fear, his dread, and, ultimately his victory over both. His KNOWING that he is an immortal soul housed in a physical body goes way beyond an intellectual understanding....it goes to his core. I loved this book and will recommend it to anyone facing a crisis of any kind...including cancer!

British born author Christopher Foster was diagnosed with colon cancer in 2013. He now writes about that discovery and experience with a thoughtful, positive approach that will be of benefit to anyone facing a sudden trauma or to each of us as we encounter different levels of life change. I was diagnosed with colon cancer in the fall of 2013. The call from the doctor on a sunny afternoon a few days following a routine colonoscopy hit me like a punch in the gut. But read on in this brief, exceptionally rewarding book and discover a man in his 80s who is happy and likes to promote the possibilities and potential of aging whenever he has a chance. He has been honored by the American Cancer Society for his contributions to offering hope for cancer victims. He is a former reporter and weekly newspaper editor. He lived and worked in London, Southern Rhodesia (now Zimbabwe), New Zealand, and British Columbia before moving to Denver Society for his contributions to offering hope for cancer victims. Christopher has four very popular books on the joy of aging and other inspirational tomes. What makes Christopher's book unique is the extraordinary positive sense he conveys in offering an alternative to despair in the face of a diagnosis of cancer and instead tells us such a diagnosis and alteration of our lives offer the opportunity to take stock of life anew focusing on those aspects of being allowed time on the planet to witness the miracles around us and step into our inner courage and communicate as much with our heart as with our brain. "Death be not proud" by John Donne comes to mind as we absorb Christopher's messages. His leading us to a pathway of inner peace is a powerful piece of writing. Grady Harp, March 16

A dear friend of mine has cancer and I wanted to see if this little book might be helpful for her. I love the simple, yet profound thoughts Chris conveys about life, wisdom, peace, and the larger arc of life within which we all dwell. His words could bring comfort to anyone facing this frightening diagnosis. I will give it to my friend.

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