

The FORCE Program



THE FORCE PROGRAM

The Proven Way to Fight Cancer
Through Physical Activity and Exercise

- Boost your overall health and well-being
- Maximize your body's ability to fight disease
- Feel stronger and become fitter

Jeff Berman, Fran Fleegler, M.D.,
and John Hanc

Foreword by Karen Straker, 1995 Hawaii World Women's Triathlon Champion and breast cancer survivor

"[A] friendly, supportive, dogma-free companion . . . that can surely help a cancer patient through the stress of diagnosis, treatment, and recovery."

—The New York Times

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著者:Jeff Berman

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作者介绍:

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