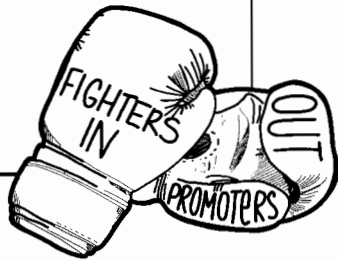
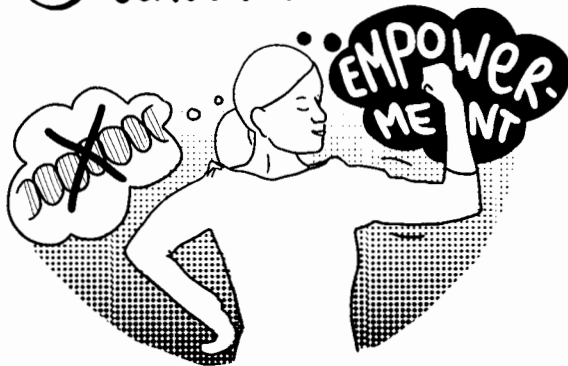


# CONQUERING CANCER

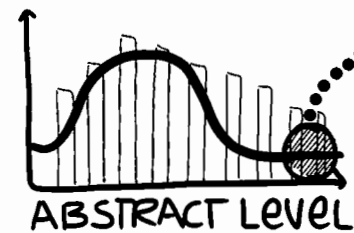
101 HOW I'M HELPING MY BROTHER FIGHT CANCER AND WHAT I'D SHARE WITH YOU AS YOUR FRIEND AND COACH



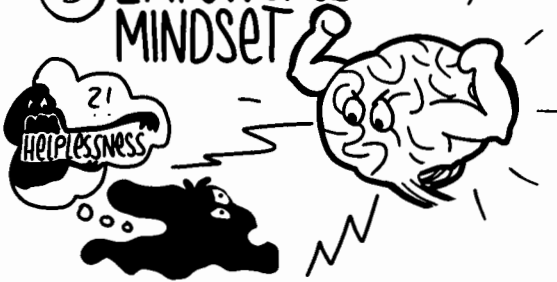
## 1 GENES VS HABITS



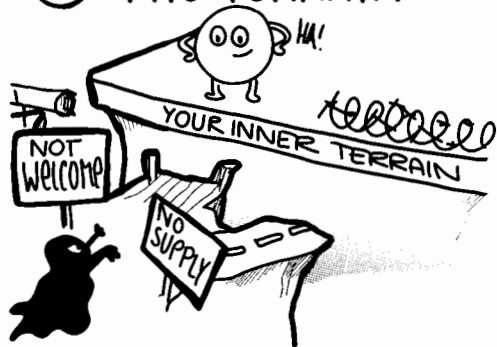
## 2 STATISTICS: LONG TAIL



## 3 EMPOWERED MINDSET



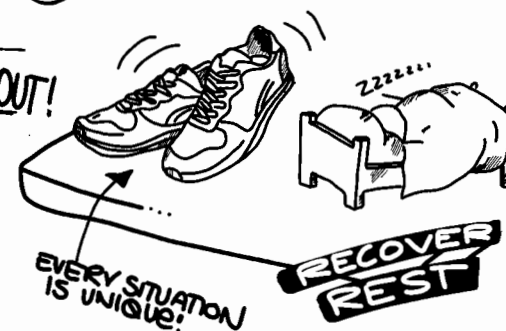
## 4 THE TERRAIN



## 5 NUTRITION



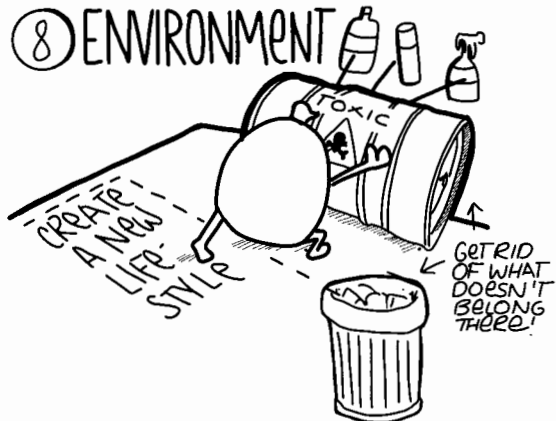
## 6 MOVE + EXERCISE + SLEEP



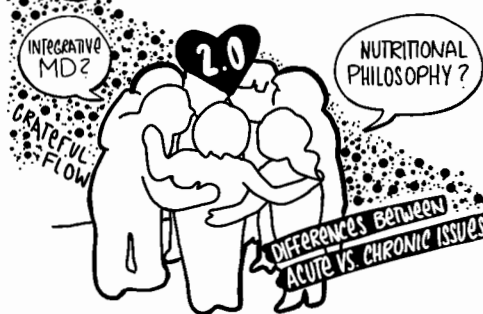
## 7 ALCHEMIZE STRESS



## 8 ENVIRONMENT



## 9 THE TEAM



## 10 CRISIS + DOSE + LIFE FORCE

# 危机