

You Can Conquer Cancer

Ian Gawler

Ian Gawler, as a young vet and athlete, developed cancer and had a leg amputated in 1975. Later that year the cancer returned. Ian then developed an effective self-help program with the key principles: good food, positive attitudes, Buddhist meditation and loving support. Ian made a remarkable recovery. You Can Conquer Cancer carries the essence and practical details of the Gawler Self-Help Program.

**And Sinhala translation 'PILIKA SUWAYA OBA
ATHMAYA' by D. B. Kuruppu.**