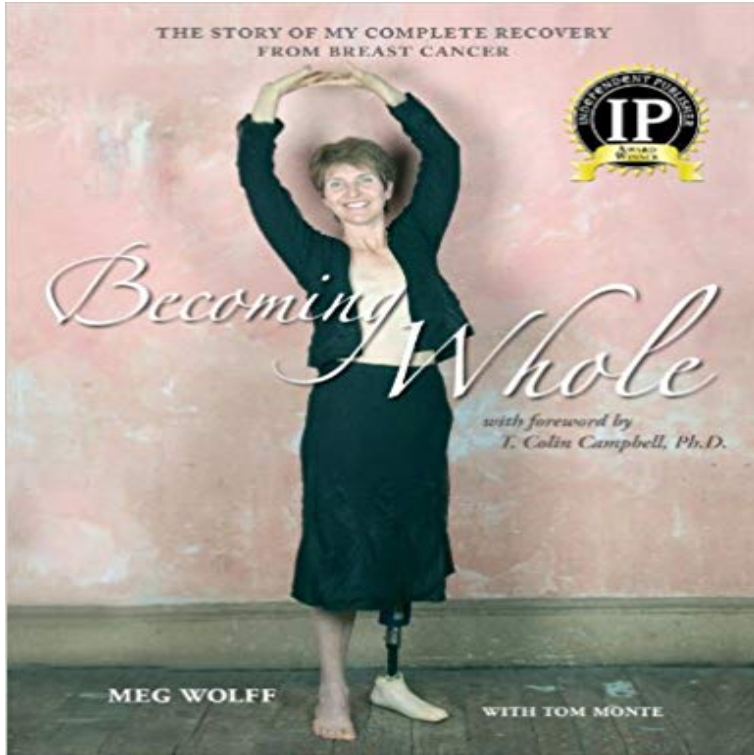


# Becoming Whole: The Story Of My Complete Recovery From Breast Cancer



Becoming Whole, The Story of My Complete Recovery from Breast Cancer I'm proud to note that my first book the story of my journey back to health has been endorsed by some of the nations most influential doctors and includes a foreword by T. Colin Campbell, Ph.D., the leading expert on the link between diet and health. I hope my story inspires you on your own journey to excellent health. MORE praise for Becoming Whole: I have read a lot of recovery stories, but none as unflinchingly honest as Megs. She has totally opened her heart and life and allows the reader to wander around her psyche. This is not only a compelling story, but one of deep truth, open vulnerability and true courage. Christina Pirello, author; Emmy Award-winning host of Christina Cooks television show From my experience, the most important message in this book that every cancer patient needs to learn is the sentence: I took possession of my life. When you do that, true healing begins and you take your authentic path not prescribed or dictated by others. Then what you eat, believe or do is no longer the issue because you cannot make a wrong decision when you are living your life versus trying not to die. So read Megs story and reclaim the life every woman is entitled to. Dr. Bernie Siegel, author of Help Me To Heal and the national bestseller Love, Medicine and Miracles The highest elements of human accomplishments are literally like a religious conversion: a dedication to profoundly correct apocalyptic epiphany. The cover of this book reveals the indomitable human spirit overcoming whatever the obstacle is. Obstacles, in fact, are what you see when you take your eyes off the goal. This book is about taking your eyes off the problem and putting them on the solution. Bravery is demonstrated, health is revealed, perseverance is everything, and all that is herein. Dr. H. Robert Silverstein, medical director,

Preventive Medicine Center, Hartford, Connecticut

In *Becoming Whole*, Meg Wolff beautifully and generously invites the reader to become part of her journey to wholeness, offering keen emotional insights every step of the way. This is not just a book for cancer patients, healthy-living enthusiasts, or people struggling with chronic health issues; it is a life-changing gift for all of us. Julia Mossbridge, neuroscientist; author of *Unfolding: The Perpetual Science of Your Souls Work*

According to the National Cancer Institute, as many as 35 to 50 percent of cancer cases are due to nutrition. What that really means is that we can use nutrition, not only to help us prevent cancer, but also to improve survival. *Becoming Whole* is an inspiring account of one woman's success in using simple dietary changes for breast cancer. Its encouraging and practical advice is applicable to everyone, and I recommend this book whole-heartedly. Dr. Neal D. Barnard, author; president of the Physicians Committee for Responsible Medicine

This is perhaps the most lurid account I have thus far read of the horrendous treatment journey confronting cancer patients, as well as a positive, uplifting, yet authoritative account of a woman's survival from both terminal bone and breast cancer through a macrobiotic diet. Meg Wolff's book also brings together and summarizes the major scientific and nutritional evidence explaining why a macrobiotic diet may be so effective against cancer. Sandra Goodman, Ph.D.; editor and director, Positive Health Publications, Ltd.

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