



The Cancer Prevention Manual: Simple rules to reduce the risks

Ian Olver, Fred Stephens

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Stories in the media about the cancer-causing risks present in everyday life can cause alarm and confusion, and make it difficult to know how to alter one's lifestyle. The Cancer Prevention Manual, Second Edition, is a handy guide to all key issues in cancer prevention, presenting medical and scientific information in a plain, accessible style. Written by authors with distinguished careers studying the illness, and based on a solid scientific grounding, this book provides the facts about how our lifestyles pose cancer risks, and what we can do to change them.

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