

★ FEMALE ★ FORCE ★

olivia newton-john



 breast
cancer
awareness
month



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Thank you for picking up the “**Female Force: Olivia Newton-John**” biography. This is a very special issue for us because it focuses on Olivia’s activism for Breast Cancer awareness. A percentage of the proceeds of each book sold will benefit “**The Olivia Newton-John Cancer Wellness Centre**”. Olivia’s commitment to this cause is so great, she agreed to an interview with us and to allow us to use actual quotes from her in this book. So what are you reading this for? Go ahead and enjoy the inspirational story of this remarkable woman.

from
Olivia



I think it is very important and pretty much proven that a positive outlook is very integral in a battle against breast cancer. An upbeat attitude has been shown to help in the healing process. Indeed, it helps enormously in the struggle, aids in your healing and helps immensely in getting well. I encourage **everyone** to find something to be positive about and to live for. Do something for yourself everyday that makes you laugh and that makes you feel good. Put your self first for a while. We women tend to put everyone else first and if you are unlucky enough you have this disease, you should view it as a wakeup call to put yourself first for a while. People will understand this attitude and they will respect you for it and help you. It’s vitally important to find people to help you to take some of the weight off for a little while. Find a spiritual base that makes you grounded and strong. There is so much to experience and learn and overcome in this journey.

Thankfully, even as we speak, they are coming out with new discoveries. We have progressed so much in the battle against this disease that in many cases one radiation treatment is all that is necessary. They do not need to do 50 or more treatments. Increasingly, that one treatment in the beginning is really all that is necessary. That is going to make a huge difference. They are coming out with individualized cancer treatments where they take the cells from the patient and make unique treatments for each specific person. It sounds like what used to pass as science-fiction years ago but that is the new, exciting, hopeful reality we live in today.

Intuition is listening to that little inner voice that tells you something is up and you need to listen to it. Unfortunately, we often choose to ignore it. However, sometimes it is really loud and we need to pay attention. And sometimes it may be very loud so we push it away and choose to ignore it and convince ourselves that we are just being silly and that we are just imagining things. However, when our intuition is screaming, we should do the wise thing and not ignore it but instead accept that there is likely a reason we are experiencing it so strongly.

I actually caught it early, which is lucky for me. That is why I encourage women to get regular check ups and be aware of their own bodies, so if there are any lumps or **anything...** they can catch it early.