

# Unlocking Your Full Potential: Thrive Don Only Survive

"Anyone concerned with prostate cancer should own this book and buy one for their doctor."  
—Ralph W. Moss, PhD

## THRIVE DON'T ONLY SURVIVE!

Dr. Geo's Guide to Living Your *Best Life*  
Before & After *Prostate Cancer*

*Implement the Science of the  
CaPLESS Method*

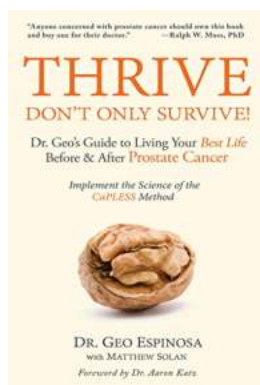


DR. GEO ESPINOSA  
with MATTHEW SOLAN  
*Foreword by Dr. Aaron Katz*

Life is full of challenges, obstacles, and uncertainties. It can often feel like we are constantly trying to survive rather than thrive. However, deep down, we all have the desire to not just survive but truly thrive in every aspect of our lives. This is where "Thrive Don Only Survive" comes into play.

## What is Thrive Don Only Survive?

Thrive Don Only Survive is a philosophy that aims to empower individuals to unlock their full potential and thrive in all aspects of life including personal growth, relationships, career, and health. It encourages individuals to move beyond survival mode and embrace a mindset focused on growth, fulfillment, and continuous improvement.



### Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer

by Elle Jean Pierre (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1321 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled
Screen Reader	: Supported



In today's fast-paced and challenging world, it is easy to get caught up in the everyday struggles and lose sight of our true potential. Thrive Don Only Survive challenges this perspective and reminds us that we are capable of achieving so much more.

## Key Principles of Thrive Don Only Survive

### 1. Mindset Shift

The first step towards thriving is to shift our mindset from a survival-oriented one to a growth-oriented one. This involves embracing a positive mindset, developing

self-belief, and understanding that failures are opportunities for learning and growth. With the right mindset, we can overcome challenges and setbacks and move towards our goals with confidence.

## **2. Setting Clear Goals**

Setting clear and meaningful goals is crucial for thriving. Without direction, it is easy to get lost in the chaos of everyday life. By setting goals, we give ourselves a clear target to aim for. It helps us stay focused, motivated, and allows us to measure our progress. Thrive Don Only Survive emphasizes the importance of setting SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) that align with our values and aspirations.

## **3. Continuous Learning and Growth**

Thriving requires embracing a mindset of continuous learning and growth. It involves seeking new knowledge, acquiring new skills, and expanding our horizons. Continuous learning helps us adapt to change, stay ahead in our careers, and discover new opportunities that can lead to personal and professional growth.

## **4. Taking Action**

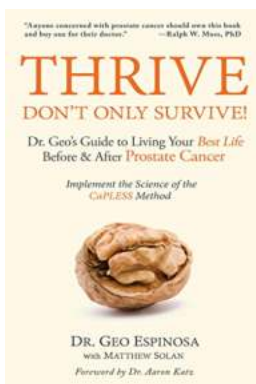
No amount of planning or goal-setting can lead to thriving unless we take consistent action. Thrive Don Only Survive encourages individuals to take ownership of their lives and make proactive choices. It emphasizes the importance of stepping outside of our comfort zones, taking calculated risks, and seizing opportunities that come our way.

## **5. Nurturing Relationships**

Human connections and relationships play a crucial role in our overall well-being and success. Thriving involves nurturing positive and healthy relationships with

family, friends, colleagues, and mentors. These relationships provide support, motivation, guidance, and create a sense of belonging that fuels our growth and fulfillment.

Thrive Don Only Survive is a powerful philosophy that encourages individuals to break free from survival mode and unlock their full potential. By shifting our mindset, setting clear goals, embracing continuous learning, taking action, and nurturing relationships, we can thrive in all aspects of our lives. So, stop just surviving and start thriving!



## Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer by Elle Jean Pierre (Kindle Edition)

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Prostate cancer is not the end—it's the beginning. It's the point where you start taking control.

Information on what to do isn't hard to find. There are dozens of books on prostate cancer, as well as a massive amount of online resources. What's lacking, however, is a trusted, reliable source on implementing the abundance of scientific evidence in a way that's realistic and sustainable.

Based on his extensive research and clinical experience on natural medicine for prostate problems, Dr. Geo has created a lifestyle blueprint that men can apply immediately to thrive before or after prostate cancer.

Dr. Geo walks readers of every stage and age (as well as their partners) through the steps to become a thriver, not just a survivor. This book delivers invaluable information and essential lifestyle practices to help you renew and rebuild your body despite prostate cancer.

This one-of-a-kind book will answer the most common and important questions on prostate cancer:

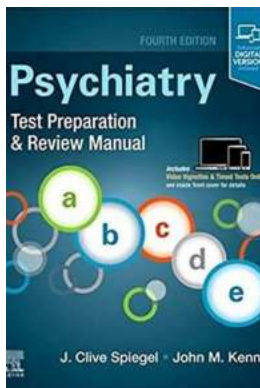
- Now that I am diagnosed with prostate cancer, what do I do?
- How can Thrive Don't Only Survive help me if I have a recurrence?
- What foods can I eat to improve my prognosis?

- How can I talk to my doctor about the natural methods mentioned in this book?

In this book Dr. Geo introduces the CaPLESS Method, a prescriptive program that has been tested for over a decade based on Dr. Geo's clinical experience and intensive research on natural medicine for prostate cancer.

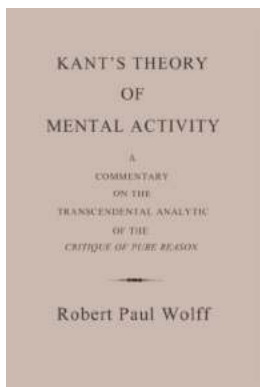
The CaPLESS Method in Thrive—Don't Only Survive treats the "soil" (the microenvironment) not just the seed (cancer).

Your life-partner is also deeply affected by your diagnosis and is also looking for credible answers. This unique book also helps your loved one(s) help you.



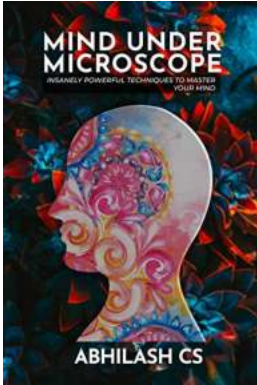
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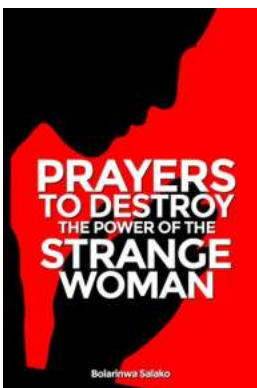
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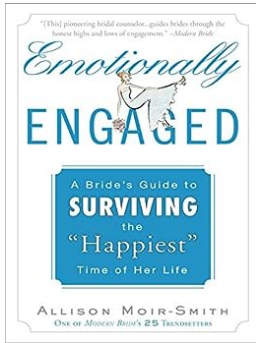
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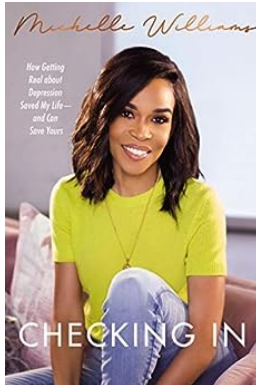
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