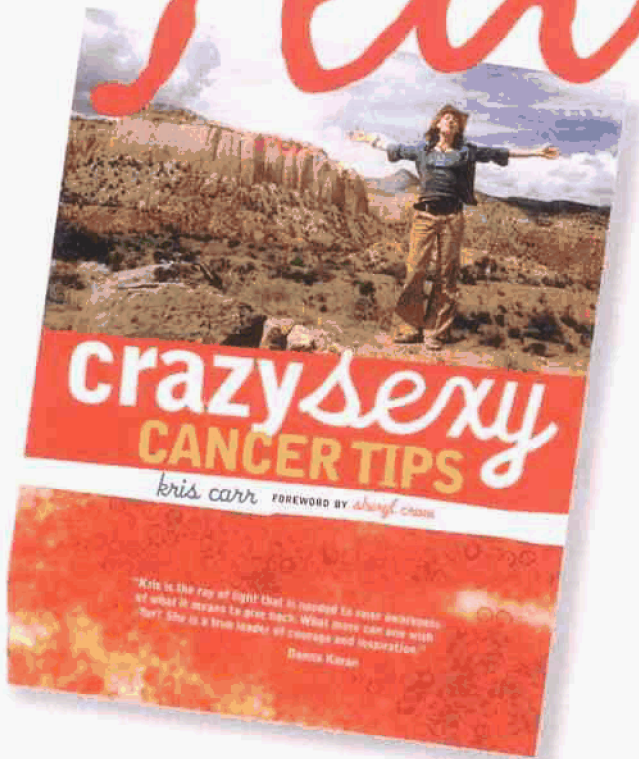


Five years ago,
I was diagnosed with
a rare form of
stage IV cancer.

Thanks to this
wake-up call, I am
healthier and happier
than I've ever been—and
I still have cancer.

Fearless



By KRIS CARR

Photography by MELANIE ACEVEDO

"HOW DO YOU GET PAST THE FEAR AND LIVE YOUR LIFE?"

That's the question I hear most often whenever I'm on the road promoting *Crazy Sexy Cancer Tips* (left), my book of advice and survival tips and a companion piece to my documentary of the same name. Unraveling the answer, I believe, has been the key to my survival.

Five years ago, I returned to my home in New York City ready to begin yet another detox plan after a week of partying at a film festival in Florida. My life at the time was pretty chaotic—I was a filmmaker and a working New York actress, thanks to some Bud Light Super Bowl spots. As my agent put it, I was the "Julia Roberts of advertising."

Eager to purge the effects of all my partying, I signed up for a one-month yoga series and pushed through the first class. The following morning I felt awful, obviously way off base about my fitness level. Undaunted, I shrugged off the pain and went about my business. By that night, I was doubled over in agony with severe abdominal cramps. Something was wrong.

