

# Breathe & Bloom

Library Request Card

[breatheandbloom.org](https://breatheandbloom.org)

Most public libraries fulfill patron requests — they want to know what their community needs. Print this card, hand it to your librarian (or drop it in a request box), and it gives them what they need to order the book. Two cards on this sheet — one to keep, one to hand off.

## PATRON BOOK REQUEST

# Breathe & Bloom

*The Science-Backed Lifestyle Protocol That Changes Your Body's Internal Environment During Cancer*

AUTHOR Sonja Galani

PUBLISHER Independently published, 2026

SUBJECT Integrative oncology • Cancer survivorship • Caregiver guide

FORMAT Paperback & Kindle ebook • Available on Amazon

ISBN \_\_\_\_\_ *(write in once published)*

SITE [breatheandbloom.org](https://breatheandbloom.org)

PATRON  
NAME \_\_\_\_\_

**Why I'm requesting this:** *Breathe & Bloom* is an over 60,000-word, fully cited guide to supporting the body during cancer treatment, written by a longtime caregiver whose mother has navigated melanoma, breast cancer, and Multiple Myeloma (now reclassified to MGUS). It is evidence-based, non-prescriptive, and explicitly designed to complement — never replace — conventional oncology. It would be a meaningful addition to your health collection.

✂ cut here ✂

## PATRON BOOK REQUEST

# Breathe & Bloom

*The Science-Backed Lifestyle Protocol That Changes Your Body's Internal Environment During Cancer*

AUTHOR Sonja Galani

PUBLISHER Independently published, 2026

SUBJECT Integrative oncology • Cancer survivorship • Caregiver guide

FORMAT Paperback & Kindle ebook • Available on Amazon

ISBN \_\_\_\_\_ *(write in once published)*

SITE [breatheandbloom.org](https://breatheandbloom.org)

PATRON  
NAME \_\_\_\_\_

**Why I'm requesting this:** *Breathe & Bloom* is an over 60,000-word, fully cited guide to supporting the body during cancer treatment, written by a longtime caregiver whose mother has navigated melanoma, breast cancer, and Multiple Myeloma (now reclassified to MGUS). It is evidence-based, non-prescriptive, and explicitly designed to complement — never replace — conventional oncology. It would be a meaningful addition to your health collection.