

# CANCER SURVIVORSHIP 101

*Thrive in your “new normal” post-cancer*



*A product of*



*The Happier Hustle*

*by Casey Kang*



That moment when you're told  
you've beat cancer,

***It's Utter Relief.***

**...for about a day.**

Then instead of just surviving, it becomes about healing. That's when the real work begins.

That's exactly why I made this "Cancer Survivorship 101" guide.

Hi, **I'm Casey Head**, Founder of The Happier Hustle.

As you may have guessed... I kicked cancer's ass three times.



## *It took years of my life.*

It was single handedly the hardest thing I've ever done in my life, and I'm sure you can relate.

Then at the end, the doctor said:

*"Okay, you're in remission,  
you can go back to living life."*

I didn't feel "cured."

**I felt broken.**

Everyone around me was happy for me, but I didn't know how to be happy.

The first day I was told my cancer was in remission, I felt thankful.

The second day? I was worried.

## *What do I do now?*

How do I "be normal"? So, I did the normal things most people do... I tried to pick up my life right back where I left it. I went back to my great job. Good pay, good insurance, decent but stressful job. I would take it any day over cancer, though.

However....



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# *I still didn't feel normal...*

So I tried a bunch of things cancer survivors do. You know:

- Intense Therapy
  - Meditation
  - Journaling
- Looking inward
  - Classes
  - Workshops
  - Retreats

...And even a few of the holistic “woo woo” things!

Still, I wasn't happy.

That's when I came to the realization...

The same realization you'll have come to:

You'll never have the old normal.  
You'll create a new normal.

## **YOU AND I?**

We've been through a totally different experience. One that most people will never go through. We think and talk about death in a way that scares people.

It's a reality for us that we're very comfortable with, and that scares them. We've experienced enough trauma to last two lives.

*Going through cancer, I realized how finite life can be. One second you could be on top. The next? You could be fighting for your life.*



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*Once I had beaten cancer, I realized I just didn't have time for things that didn't make me happy.*



**Instead, it was about creating a new normal.**

You and I have already  
wasted too much of life.

You and I have already  
survived the unsurvivable.

**Now, it's our time to truly be  
our *best selves*.**

**The old me would have done things like:**

- Listen to mundane people
- Complain about mundane things.
- Bend over backwards for other people who didn't return the favor.
- Waste time on meaningless things.
- Neglect my mental and physical health.
- *And beyond...*

But like I said before...

All the pain and trauma cancer  
caused me taught me life is too  
finite.

At the same time? I realized that  
pain and trauma would never let  
me return to the "old me".



*In other words...*

***Your new normal is allowing you  
to truly be yourself.***

The old you that you remember, the one you wish you could go back to?

It's gone.

But... That's not a bad thing. It's the very essence of why in your new normal, you can't be happy. You're simply stuck in the past. That doesn't mean you can't feel normal again. That doesn't mean you can't be happy again. You can.

You can use all the pain you've experienced to become a stronger woman.

You just have to shift your perspective. Once a friend of mine told my husband: *"I appreciate Casey so much because I know when she's somewhere or doing something she really does want to be there."* That's the same kind of mindset you have to adopt.

You have to give yourself permission to be you. The very thing that's keeping you from feeling normal again... The very thing that's keeping you from being happy again... It's you wanting to return to the past, instead of accepting things are different now. You have to shed your old skin, and be comfortable in your new skin.

*Right now, you're probably thinking something along the lines of...*

***Okay, Casey - But this sounds  
easier said than done...***

You're right. It's not easy. But it can be done. I'd love to help you, too. Earlier like I mentioned I had gone back to my regular job I had before cancer. But I just wasn't fulfilled. I ended up quitting. My experience taught me I had a passion to help other women empower themselves. So, I set out on a mission to do exactly that.

My grandma always said when we were growing up "go be happy". She was also in Japanese internment camps, so that's where the birds in my logo came from, and the word "happy". I was reading a lot of Brenee Brown at the time, too. She said something along the lines of: "You either walk inside your story and own it, or you stand outside your story and hustle for your worthiness." And well... That's when The Happier Hustle was born. We've helped out hundreds of women after cancer find a new normal, and regain actual happiness.

### **NOW, IT'S YOUR TURN.**

I'd like to help you discover how to stop living in fear, and start actually living again.

In quite literally, 90-days or less.

***Just click the link below.***

**FIND YOUR NEW NORMAL &  
START LIVING FREE AGAIN**

I'll see you there!

*-Casey Head*



*The Happier Hustle*

## CHECK OUT OUR ONLINE COMMUNITY!



I'm thrilled to extend this invitation to join what I genuinely believe is the best community in the world -  
**Thriving Through Cancer!**

We're here to be your unwavering support system, guiding you through every step of your cancer journey, from the moment of diagnosis, to long after your treatment.

Imagine a one-stop-shop community where you'll find an abundance of value each week.

We've got fresh, informative content carefully structured to educate, motivate, inspire, and empower you throughout your cancer experience.

And guess what?

I'll be there, front and center, doing what I love the most - coaching you toward resilience and strength. Together, we'll face the challenges and celebrate the victories.

**LEARN MORE**

