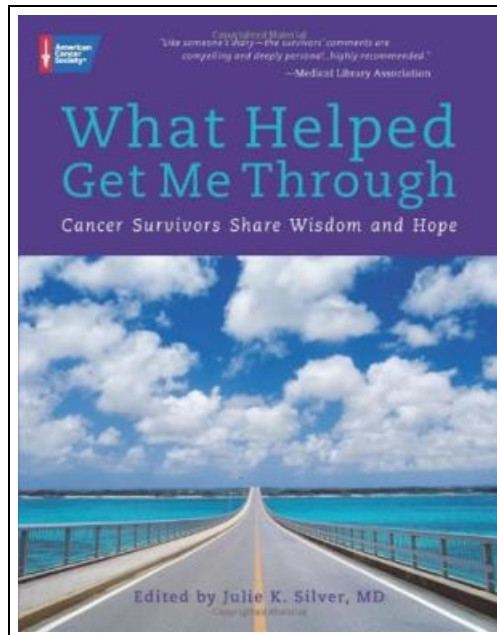


What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope (Paperback)



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(Prof. Kip Spinka IV)

WHAT HELPED GET ME THROUGH: CANCER SURVIVORS SHARE WISDOM AND HOPE (PAPERBACK)



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American Cancer Society, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Here, in their own words, hundreds of cancer survivors from all walks of life - including celebrities like Lance Armstrong, Carly Simon, Scott Hamilton, and many others - offer their true-life experiences, heartfelt reflections, encouragement, hope, and solutions for getting through the cancer journey. Their goal: to give readers the strength, courage, and knowledge needed to face the tough challenges ahead, to make their life easier and richer, whether newly diagnosed patient, survivor, family member, friend, or caregiver. There are insights aplenty for each of us. Their words are sometimes frank and often eye-opening, covering every aspect of the cancer experience - emotionally, physically, and spiritually. It includes topics such as: how to manage fear and uncertainty; how to navigate through the treatment options; how to talk to children about cancer and help them cope; how to interact with your medical team; how to nurture yourself and relieve stress; how being spiritual helped; how friends and family made a difference; what would have helped, but was too hard to ask; what would have helped at diagnosis, if you d only known; and much, much more. In addition, Dr. Silver organizes the advice of survivors and medical professionals into many helpful lists, for example, Ten Tips to Help Children and Families and Five Things Your Oncologist Should Tell You .The result is a book that speaks to everyone about the cancer experience, a book filled with wisdom and, most of all, hope.



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