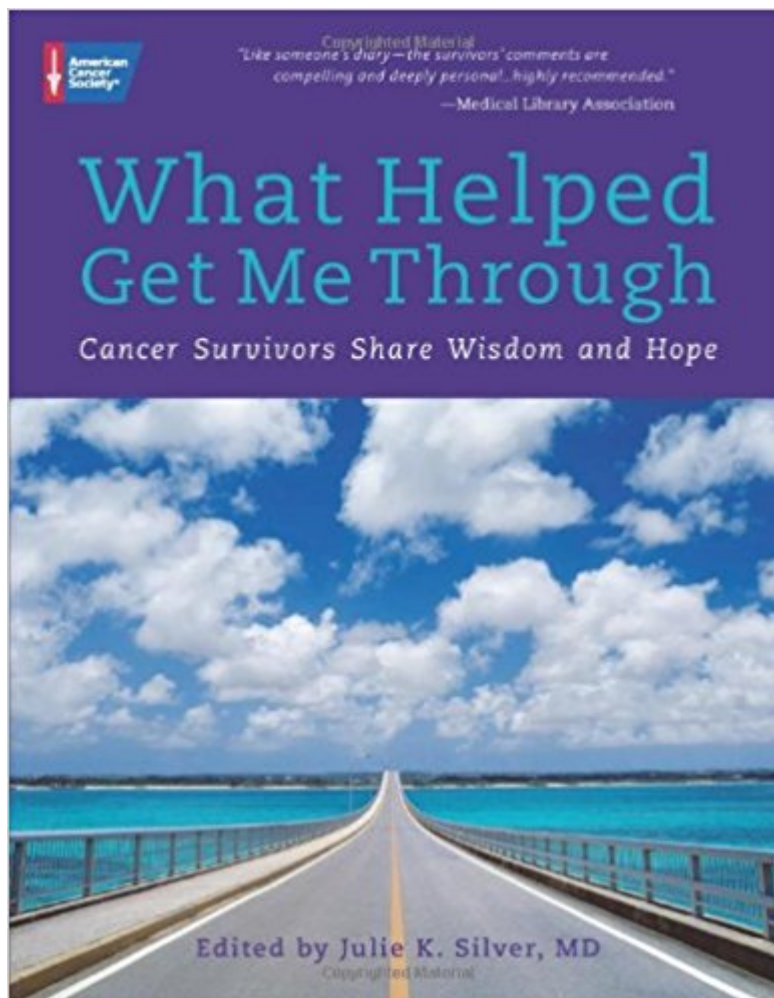




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What Helped Get Me Through: Cancer Survivors Share Wisdom And Hope



Synopsis

Winner: 2009 National Health Information Award, Gold;Â Finalist: 2010 National Indie Excellence Award, Health & Well-being â "â " This new book, edited by a breast cancer survivor, succinctly relates the experiences, both practical and sensitive, of hundreds of cancer survivorsâ "including celebrities such as Lance Armstrong, Carly Simon, and Scott Hamiltonâ "who candidly relate what helped get them through every aspect of the cancer journey. The wisdom and hope offered in this book will be invaluable to newly diagnosed patients and their families, as well as their doctors and caregivers.

Book Information

Paperback: 378 pages

Publisher: American Cancer Society; 1 edition (October 1, 2008)

Language: English

ISBN-10: 1604430044

ISBN-13: 978-1604430042

Product Dimensions: 7 x 1 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 18 customer reviews

Best Sellers Rank: #211,075 in Books (See Top 100 in Books) #1 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lung Cancer #3 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic #3 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal

Customer Reviews

In her mid 30s, Silver (Super Healing), an oncology rehab specialist, was diagnosed with breast cancer. Drawing on her experiences, Silver questioned survey participants on critical aspects of care and healing (healthcare providers, friends, family, spirituality, body image, etc.). Mainly from the U.S., respondents include celebrities (Carly Simon, Lance Armstrong and Sen. Ed. Brooke among them) and represent a broad range of ages, backgrounds and varieties of cancer. Silver has slotted responses into sections addressing such concerns as balancing work and family, making healthy lifestyle changes, helping children to cope with a parent's illness, asking for help and relieving stress, and she offers advice in lists and sidebars. While narrative connections between participants' comments would have provided greater continuity, this volume-a bird's-eye-view into the minds and hearts of cancer survivors-is an invaluable resource for those who will have cancer or

treat, live or work with a cancer patient. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Julie K. Silver, MD, is an assistant professor at Harvard Medical School in the Department of Physical Medicine and Rehabilitation. She is the author of Post-Polio Syndrome "A Guide for Polio Survivors and Their Families, Life After Stroke: Recovering Your Health and Preventing Another Stroke, and After Cancer Treatment: Heal Faster, Better, Stronger, and has written dozens of magazine and newspaper articles and authored numerous research publications. She frequently lectures to both healthcare professionals and the public on health-related issues, and has also given hundreds of print interviews and numerous radio and television interviews including, The Early Show, ABC News Now, AARP Radio, NPR radio, USA Today, and many others.

Interesting book

I have only skimmed through this but so far it looks like it will be a good book to give to my grandfather who is going through esophageal cancer. I was looking for something uplifting to help him stay positive. So far this looks like it will fit the bill.

As a contributor to this book, I can proudly say that it's a wonderful read for those who are fighting cancer. I wish I would've had a copy to read myself when I fought Stage III breast cancer back in 2006.

Gave as a gift for a friend that is going through treatment. He said it was a good read and has helped him stay clear headed and in a positive state of mind.

Excellent read....positive...encouraging and filled with hope.

Interesting perspectives

I bought this book right after being diagnosed with uterine cancer. It gave me hope, support that people around me could not. Highly recommend for those going through cancer treatment or were just diagnosed!

I got this book for my fianc  after he received bad health news, the book has helped him a lot.

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