

Emotional Support Through Breast Cancer: The Alternative Handbook Ebook: The Alternative Handbook

Research on stress and coping has attempted to explain how people deal with difficult life events, such as the diagnosis of a potentially life-threatening disease. Little attention, however, has been given to how people work together to cope with and manage the emotions evoked by such events. The present study looks at women who joined four breast cancer support groups to help them cope with the emotional fallout of the disease. Data from participant observation in these four groups, in addition to 35 in-depth interviews, are used to develop an analysis of how the women learned to cope collectively with their disease. Seven emotion-work strategies are identified and discussed, including: (a) seeking information; (b) concealing illness; (c) engaging in sexualized joking; (d) practicing compensatory femininity; (e) creating and sharing medicalized stories; (f) taking on the identity of breast cancer survivor; and (g) redefining illness as a blessing. The analysis shows how these strategies were influenced by the class-based resources the women brought with them to the groups. It also illustrates how these strategies (and thus the women's coping efforts) were influenced and constrained by the mainstream breast cancer culture.

Lillie Shockney shares her unique, empowering, and often humorous story about her journey from medical professional, wife, and mother to becoming a breast cancer patient, patient advocate, and nationally recognized breast cancer expert, lending her emotional support and medical advice to help lead breast cancer patients and families through their own journey with this life altering disease. This must-have book combines the author's motivational and medical expertise to provide practical, important information.

A guide for men whose wives contract breast cancer offers emotional support and advice every husband needs, including guidance from breast cancer doctors and the shared experiences of those who have gone through the same ordeal. Original. 30,000 first printing.

"Providing comprehensive, current, and reliable information on breast cancer, this book, written by an experienced oncologist, a surgeon, and a breast cancer survivor, informs and inspires readers, wherever they are in the breast cancer experience. Patient stories, essays from medical specialists, and illustrations add clarity and insight"--

Finding Hope for Your Journey through Breast Cancer

The Alternative Handbook

Take Charge of Your Healing to Survive and Thrive with Breast Cancer

Meeting Psychosocial Health Needs

A Breast Cancer Guide for Men

When Someone You Love Has Advanced Cancer: Support for Caregivers

The Value of Emotional Support and Personal Control

This easy to read, visually engaging journal features wisdom from survivors, and lessons and journaling prompts that provide emotional support that encourages communication among family members. It reduces stress, isolation and loneliness in newly diagnosed and on-treatment patients by providing real world emotional support in conjunction with medical treatment and allows patients to privately explore emotions at their own pace.

This practical, science-based book focuses on helping partners, family, and friends understand breast cancer. It guides them in how to provide the best emotional and practical support when helping someone with breast cancer to cope, recover, and thrive, while maintaining their own physical and psychological health. The authors translate psychological evidence into concrete, practical advice for caregivers, validated through their first-hand experience. It also suggests ways to help someone with breast cancer make the most of their time. This book is a must-read for anyone who has a loved one with breast cancer. It is also useful for training healthcare professionals in how to support partners.

In Meeting Psychosocial Needs of Women with Breast Cancer, the National Cancer Policy Board of the Institute of Medicine examines the psychosocial consequences of the cancer experience. The book focuses specifically on breast cancer in women because this group has the largest survivor population (over 2 million) and this disease is the most extensively studied cancer from the standpoint of psychosocial effects. The book characterizes the psychosocial consequences of a diagnosis of breast cancer, describes pain and evaluates their effectiveness. It assesses the status of professional education and training and applied clinical and health services research and proposes policies to improve the quality of care and quality of life for women with breast cancer and their families. Because cancer of the breast is likely a good model for cancer at other sites, recommendations for this cancer should be applicable to the psychosocial care provided generally to individuals with cancer. For breast cancer, and indeed probably for any cancer, provide significant benefits in quality of life and success in coping with serious and life-threatening disease for patients and their families.

A compassionate and uniquely authoritative guide to surviving breast cancer. Dr. Carolyn M. Kaelin is nationally recognized as a leading expert on breast cancer. At the age of 42, this highly respected cancer surgeon and the director of the prestigious Comprehensive Breast Health Center at Brigham and Women's Hospital, one of Harvard Medical School's main hospitals, had a young family and demanding career. When she discovered that she had breast cancer, she was suddenly transformed from doctor to patient--and disease makes women question their sense of self. Now, following a mastectomy and an ongoing course of chemotherapy, her prognosis is good and her passion and commitment to helping other women with breast cancer is greater than ever. In a book that will be a source of priceless information and much-needed understanding and support for women with all forms of breast cancer, Dr. Kaelin provides the most up-to-date information on virtually every aspect of the disease, both as a top specialist in the field and as a patient. Living Through Breast Cancer provides women with State-of-the-art medical knowledge interwoven with hard-won advice on dealing with the emotional and aesthetic ramifications of breast cancer and its treatment. The most complete guidance on treatment options, maintaining health after cancer, feeling and looking good, and keeping one's sense of self while getting through each day Groundbreaking information on exercise techniques that can significantly reduce the chance of recurrence and improve quality of life

Breast Cancer and the Adjustment Process

The Emotional Healing of Breast Cancer

Handle with Care

A Woman-to-Woman Guide

Challenging the Breast Cancer Legacy

Become an Active Patient and Take Charge of Your Treatment

Cancer Care for the Whole Patient

This compassionate guide presents an array of new perspectives on the emotional effects of breast cancer and includes many personal testimonies from women who have been diagnosed with this disease. Written by a breast cancer survivor and practising psychologist, it shares practical ideas to help support sufferers at all stages, be it at diagnosis, during treatment or during life after the initial treatments are over. The concise, easy-to-read format includes exercises to develop an acceptance of thoughts and feelings, whilst the individual accounts validate the multitude of emotions felt by sufferers. It is a must for all breast cancer patients and sufferers, their families and friends. Its real-life approach, using first hand accounts, is also highly recommended for all health and social care professionals wanting a fresh approach to managing the emotional impacts of breast cancer.

Provides practical advice and inspirational messages for men to help them lend support to women who have been diagnosed with breast cancer.

BREAST CANCER IS NOT YOUR LIFE. You hear the words of your diagnosis, "You have breast cancer." Your anxiety is now reality. Your world seems suddenly overwhelmed, unpredictable. With the jolting label you did not seek, breast cancer is now a part of your life. Yet breast cancer is not your life. MAKE SENSE OF YOUR DIAGNOSIS. Call upon the strength of your femininity to gain information strength over the words you just heard. TURN TO INTELLIGENCE. Based upon decades of patient treatment and medical exper- tise--for the first time in a how-to source co-authored by patient and physician--The Breast Cancer Answers Book offers you wisdom into how "breast cancer" is in fact a variety of diseases, insight into your specific form of breast cancer, why time is your friend, your treatment choices, the roles of each doctor and professional on your medical team, and the power you possess in treating your disease and your body. Answer your unasked question. Just as you may be treated so that your breast is surgically recon- structed--how may you achieve Emotional Reconstruction(R) over breast cancer? Here for the first time is your answer.

Cancer care today often provides state-of-the-science biomedical treatment, but fails to address the psychological and social (psychosocial) problems associated with the illness. This failure can compromise the effectiveness of health care and thereby adversely affect the health of cancer patients. Psychological and social problems created or exacerbated by cancer--including depression and other emotional problems, lack of information or skills needed to manage the illness, lack of transportation or other resources, and disruptions in work, school, and family life--cause additional suffering, weaken adherence to prescribed treatments, and threaten patients' return to health. Today, it is not possible to deliver high-quality cancer care without using existing approaches, tools, and resources to address patients' psychosocial health needs. All patients with cancer and their families should expect and receive cancer care that ensures the provision of appropriate psychosocial health services. Cancer Care for the Whole Patient recommends actions that oncology providers, health policy makers, educators, health insurers, health planners, researchers and research sponsors, and consumer advocates should undertake to ensure that this standard is met.

Stress and Breast Cancer

The Breast Cancer Answers Book

The Breast Cancer Book

The Breast Cancer Digest

The Cancer Support Community Handbook

An Evidence-Based Approach for Practitioners

Living with Breast Cancer: Emotion-Work Strategies in Breast Cancer Support Groups

Breast cancer is the second most commonly occurring cancer among women in the U.S. and nearly 300,000 women are expected to be diagnosed with breast cancer in the year 2015 (ACS, 2015). While it is the second leading cause of cancer-related deaths among women, death rates have steadily declined over the past 15 years meaning that there more and more women are joining the ranks of survivors (ACS, 2015). Research suggests that the majority of breast cancer survivors are diagnosed with cancer (Koutrouli et al., 2012); however, the existing research on factors that contribute to PTG in breast cancer patients presents inconsistent results, particularly regarding the role of social support. Some studies have found social support and PTG to be positively related to one another while other studies have found no relationship at all. The majority of studies examining social support and PTG have focused specifically on emotional support; however, there is some (Nenova et al., 2013). Also, there has been very little research examining the relationship between providing support to others and PTG. Therefore, the purpose of the current study was to explore the relationship between received emotional and instrumental forms of social support and PTG, as well as the relationship between giving emotional and instrumental forms of social support and PTG, in a sample of breast cancer patients. Additionally, this study explored the relationship between social support and PTG.

This compassionate guide presents an array of new perspectives on the emotional effects of breast cancer and includes many personal testimonies from women who have been diagnosed with this disease. Written by a breast cancer survivor and practising psychologist, it shares practical ideas to help support sufferers at all stages, be it at diagnosis, during treatment or during life after the initial treatments are over. The concise, easy-to-read format includes exercises to develop and explore the emotional impacts of breast cancer, and includes many personal testimonies from women who have been diagnosed with this disease. From the Introduction emotions felt by sufferers. It is a must for all breast cancer patients and sufferers, their families and friends. Its real-life approach, using first hand accounts, is also highly recommended for all health and social care professionals wanting a fresh approach to managing the emotional impacts of breast cancer. The shock of being diagnosed with breast cancer is hard to describe in words, as anyone who has had to suffer this diagnosis knows. Until it happens to us, we cannot really know what it is like. This book provides a fresh perspective on the emotional effects of breast cancer. We have to deal with the fact that breast cancer profoundly affects how we feel about ourselves as women. From the Introduction

Using experiences from other women and her own expertise, the author discusses how to overcome the emotional trauma and deal with breast cancer from diagnosis to recovery

In 2002, Lippincott published the Manual of Breast Diseases, edited by Professor Ismail Jatoi. The current book, Management of Breast Diseases, is an adaptation of that manual, with Professor Manfred Kaufmann of the Goethe-University of Frankfurt serving as co-editor. Most of the chapters from the original manual have been either extensively revised or discarded, and several new chapters added. This text contains more material than the original manual, but it is still intended for use by oncologists, internists, general practitioners) who treat breast diseases, both benign and malignant. To compile this text, we assembled experts from throughout the world. Thus, this text provides not only a broad overview of breast diseases, but also highlights diff- ent perspectives from different parts of the world. Yet, it is worth noting that the management of breast cancer is now largely predicated on evidence-based medicine. Several large, randomized prospective clinical trials have addressed the impact of systemic therapy, radiotherapy, and variations in local therapy on breast cancer mortality. Many of these landmark trials are discussed in this text, and they clearly have had a bene? cial effect. Indeed, since about 1990, breast cancer mortality rates have declined substantially in most industrialized countries, and this trend is expected to continue in the years ahead.

Living with the Long-Term Effects of Cancer

Sunflower Spirit

A Trusted Guide for You and Your Loved Ones

Coping with Breast Cancer

Your Guide to Achieving Emotional Reconstruction(r)

Your Breast Cancer Support Group in a Book, with Wisdom from the Hive Mind

A Case Study of Breast Cancer Patients' Perception of Helpful Communication Behaviors from Family and Friends

At last, here is a comprehensive guide for practitioners who work with breast cancer patients and their families. It includes a series of psychosocial interventions to be used with couples during early stage breast cancer. There is extensive evidence that emotional and social support positively influences women's abilities to cope to breast cancer. The first person that a woman with breast cancer turns to for support is her husband or intimate partner. However, as partners of breast cancer patients are struggling with their emotional distress, they often feel inadequate about their ability to help their wives and partners cope. It is important for practitioners to understand this concept of twofold stress.

A much-needed book for the modern readership, providing support and guidance for every stage of the breast cancer journey, written by a breast-cancer survivor. Welcome to your breast cancer self-care bible. Stronger Than Before is the book Alison Porter went looking for when she first learned she had breast cancer. It's a practical handbook to guide you - and your friends and family - through the stages of the illness, from early diagnosis to treatment choices, and ultimately to a life beyond cancer. In this book, you'll discover the different types of breast cancer, what to ask your doctor and how to make the choices that are right for you, self-help techniques on every level - physical, emotional, mental and spiritual - to support you through treatment and recovery, and how to view your illness as a catalyst for post-traumatic growth, and move on with your life with greater meaning and purpose your options for reconstruction and how to maintain a cancer-preventative lifestyle advice for friends and family, so they can be truly helpful in how they offer you support Written by a breast cancer survivor and thriver. Stronger Than Before contains invaluable information, guidance and tips, as well as tools and techniques to help you emerge from this life-changing experience healthier, more purposeful and stronger than before. From TI 9781788171601 (R)

A breast cancer diagnosis is devastating, but you don't have to go it alone. Consider this your portable support group. With real voices of experience from those who've been there--breast cancer survivors and thrivers--the Hive shares all with thoughts on everything from chemotherapy and reconstruction to what we don't want to hear (and what we do): the emotional impact breast cancer has had on our lives; our new superpowers; what gave us strength; what motivated us; and what inspired us to keep going. From the ups and downs of the emotional roller coaster that is cancer treatment to the life lessons we learned along the way, the Hive offers some of the things we wish we knew when we were first diagnosed as well as valuable insights into the ways breast cancer has

changed how we see the world and our outlook going forward. Handle With Care is a valuable resource not only for those dealing with a breast cancer diagnosis, but for their family members, friends, and those playing support roles. All royalties from the sales of Handle With Care go directly to The CARE Project, Inc., a 501(c)(3) nonprofit located in Riverside, California dedicated to

providing emotional and financial support to local breast cancer patients in the form of survivor socials, chemo care packages, breast forms, compression sleeves, gas and grocery gift cards, wellness classes, exercise equipment, and more.

A raw, heavily-researched guide for women facing breast cancer, mastectomy, and reconstruction written by a survivor.

Acknowledging Trauma and other Emotional Challenges

A Program of Emotional Support and Medical Care for Women at Risk

Meeting Psychosocial Needs of Women with Breast Cancer

Emotional Support During and After Breast Cancer

Reclaiming Your Life After Diagnosis

Living Through Breast Cancer - PB

Breast Cancer, There and Back

A book about breast cancer which discusses the emotional aspects of a woman's life in relation to disease and healing and the practical details of breast cancer management. A cross-section of medical and scientific literature is also presented. Includes a qualified herbalist and general manager of The Gawler Foundation - an international centre, situated in the Yarra Valley in Victoria, which focuses on the wellbeing of people affected by cancer, and supports their partners and families. In the 1890s, Spanish entrepreneurs spearheaded the emergence of Córdoba, Veracruz, as Mexico's largest commercial center for coffee preparation and export to the Atlantic community. Seasonal women workers quickly became the major part of the agroindustry's labor force. As they grew in numbers and influence in the first half of the twentieth century, these women shaped the workplace culture and contested gender norms through labor union activism and strong leadership. Their fight for workers' rights was supported by the revolutionary state and negotiated within its industrial-labor institutions until they were replaced by machines in the 1960s. Heather Fowler-Saladini's Working Women, Entrepreneurs, and the Mexican Revolution analyzes the interrelationships between the region's immigrant entrepreneurs, workforce, labor movement, gender relations, and culture on the one hand, and social revolution, modernization, and the Atlantic community on the other between the 1890s and the 1960s. Using extensive archival research and oral-history interviews, Fowler-Saladini illustrates the ways in which the immigrant and women's work cultures transformed Córdoba's regional coffee economy and in turn influenced the development of the nation's coffee agro-export industry and its labor force. In recent years interest has increased in the links between stress and breast cancer, reflecting the growing concern at the continuing increase in the disease. This book brings together leading researchers in the field to review the evidence available. As a couple coping with early stage breast cancer, it is important that you face the stresses and challenges together. To support each other during this difficult time, you and your partner may benefit from enhancing your relationship and stress management skills. This couples-focused group program will help you and your partner become an effective coping "team." To strengthen your relationship, you and your partner will learn how to better support and communicate with one another using proven relationship-enhancing techniques. You will also learn to strengthen emotional intimacy by taking the time to discover each other's needs and engaging in "wish list" activities to bring you closer together. Relaxation techniques will help you and your partner manage stress so you are better able to deal with the challenges of cancer. The group format provides a supportive environment and gives you a chance to learn from other couples dealing with similar issues. This workbook is designed to be shared by you and your partner, as you work together as a team. It includes all the forms and information you will need during the six-week program. Exercises will help you apply what you learned in group to coping with cancer and your life as a couple. By the end of the program, you will have acquired many useful skills that will benefit you, your partner, and your relationship for a lifetime. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! All programs have been rigorously tested in clinical trials and are backed by years of research - A prestigious scientific advisory board, led by series Editor-in-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date - Our books are reliable and effective and make it easy for you to provide your clients with the best care available - Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated - A companion website (www.oup.com/ustw) offers downloadable clinical tools and helpful resources - Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER) Workbook for Couples

Emotional Social Support and Cancer

Emotional Support Through Breast Cancer

Posttraumatic Growth in Breast Cancer Patients and Survivors

A Breast Cancer Guide For Spouses, Partners, Friends, and Family

A Breast Cancer Survivor's Experience and Breast Cancer Expert's Story

How to Help Your Wife (and Yourself) During Diagnosis, Treatment and Beyond

A Comprehensive and Compassionate Approach to Cancer Care Reclaiming Your Life After Diagnosis is packed with incredible information and resources to get you or someone you love through the challenging journey of a cancer diagnosis and treatment. This book accurately and compassionately addresses the physical, emotional, social and practical needs of cancer patients and their support systems. Find out how to: Put an effective support and resource team in place to buffer against the challenges of diagnosis and treatment Build a community to deal with the daunting decisions treatment requires Develop practical, more effective ways to manage side effects Deal with complex emotional issues ranging from the shock of initial diagnosis to creating a living legacy and a meaning-filled life Through powerful, first-person testimony, as well as a plethora of the best tips, evidence-based research, treatment and support information currently available, Reclaiming Your Life After Diagnosis will help cancer patients develop the strength and empowerment they need to stay focused on healing--and to develop the mindset of a survivor. For most patients, the words "you have breast cancer" are some of the most stressful that they have ever heard. In addition to being stressful for the person with the diagnosis, this can also be a challenging time for their family members, close friends, and loved ones. The diagnosis of one person can have a wide and lasting effect on many people. Most care providers know that it is impossible for anyone to face a breast cancer diagnosis and not have major stress added to their life and the lives of everyone who loves them. In fact, many patients state that cancer is the most difficult challenge they have ever faced. In addition to the added stress of the diagnosis, the standard cancer therapies and treatments can also be difficult and require great inner strength, perseverance, and resolve. Because of this, a strong support group of friends and family can provide great relief and can become a life-line. This handbook was written to empower those of you struggling with breast cancer, and your loved ones, with stress management tools to support you during your difficult journey from diagnosis through treatment and beyond. It was written by Tess Taft, an oncology family therapist and stress management specialist, who has many years of experience consulting with families who are navigating their way through the dark night of breast cancer treatment. Although each person's background and situation is different, we trust these tools can provide assistance to you and your loved ones during this life changing time.

Here's a book filled with practical techniques for coping with the emotional impact of this life-threatening disease from an eminent psychologist and long-term cancer survivor. Fiore shows readers how to: manage the initial shock of receiving a cancer diagnosis; establish team relationships with doctors; communicate with family and friends; deal with feelings of helplessness; lessen stress and worry; combat depression; prepare for treatment; and live a rich full life despite the fear. Sunflower Spirit gives anyone diagnosed with cancer a handbook overflowing with creative, simple ways to stay mindful and self-connected during what is usually a stressful, chaotic journey. Each idea begins with a different letter of the alphabet and consists of a one-two page essay on the topic as well as an easy-to-follow activity for you to try at home. The author shares the stories of her own two cancer journeys throughout the book. This wisdom from her personal experience offers the reader a calm feeling of knowing that she is not alone on her own journey with cancer. Starting with "A is for Anchors," the author tells the story of her second cancer diagnosis and how she decided to choose four Anchor Words that brought her peace of mind during many invasive tests as well as the subsequent surgeries and chemo treatments. Other chapters include: creative expression, loving-kindness meditation, Metta, prayer, expressing emotions, quiet rest, physical needs and more. Sunflower Spirit contains lots of space for your own notes and ideas, as well as links to three audio recordings of the author's own guided imagery meditations which hit just the right chord for anyone on a cancer journey. You can listen to these audios online, or download them as MP3 files. The book is very easy to use. You can just pick it up and read a few pages and you'll have somewhere to begin! Cancer patients love it because it doesn't take a lot of energy to dive into. We all know how surgery and treatments can sap our energy. Well, the beauty of this book is in its simplicity. It challenges the reader but it makes the challenge easy at the same time. Sunflower Spirit also resonates with those who have finished their cancer surgeries and treatments. Life doesn't always go back to "normal" for a cancer survivor, and the ideas in this book are just as applicable for someone past treatment who still needs to process what happened to them.

An Exploratory and Descriptive Study of Emotional Support Available to Breast Cancer Patients

Management of Breast Diseases

Women of Silence

Evelyn Hooker and the Fairy Project

Helping Couples Cope with Women's Cancers

Support for Caregivers

Cancer and Aging

Cancer is clearly an age-related disease. Recent research in both aging and cancer has demonstrated the complex interaction between the two phenomena. This affects a wide spectrum of research and practice, anywhere from basic research to health care organization. Core examples of these close associations are addressed in this book. Starting with basic research, the first chapters cover cancer development, mTOR inhibition, senescent cells altering the tumor microenvironment, and immune senescence affecting cancer vaccine response. Taking into account the multidisciplinary of geriatric oncology, several chapters focus on geriatric and oncologic aspects in patient assessment, treatment options, nursing and exercise programs. The book is rounded off by a discussion on the impact of the metabolic syndrome illustrating the interactions between comorbidity and cancer and a chapter on frailty.This book provides the reader with insights that will hopefully foster his or her reflection in their own research and practice to further the development of this most exciting field. Given the aging of the population worldwide and the high prevalence of cancer, it is essential reading not only for oncologists and geriatricians but for all health practitioners.

Challenging a number of myths about living long term with or after cancer, this book offers new insights by delving into areas that are not usually spoken about. Written from a dual perspective- that of a psychologist who had breast cancer and who copes with the long-term effects of treatment - the book contests the assumption that the afflicted person will simply 'get better' or 'move through' to a better situation. Emotional and physical side-effects can worsen over time and people living beyond or with cancer often endure a mismatch between expectations and reality, because they have been told that life would be easier than it actually is. This can leave both those suffering longer term and those close to them confused and unprepared. Including testimonies with people who have had a cancer diagnosis and people in the medical profession, the book signposts ways that professionals may help and offers prompts for friends and relatives to have useful and open conversations with the person affected. It gives voice to many people who feel that their suffering is disputed and diminished by the prevailing narrative around recovery. Galgut includes discussion on relationships, work, trauma, fear of recurrence and the role of therapy. Giving an unflinchingly honest perspective, Living with the Long-Term Effects of Cancer sheds light on these struggles, in the belief that bringing this conversation to the forefront is key to improving life for those who are affected by cancer and who suffer longer term from its effects.

"The Fairy Project is a collection of poems and historical information that narrate the life of Evelyn Hooker, who had a major impact on the gay community"--

A complement to the bestselling "Dr. Susan Love's Breast Book", this title gives breast cancer patients practical advice, support, and comfort combined with a well-needed shot of humor.

Spinning Straw Into Gold

What's Next for My Life? Companion Journal for Cancer Patients

The Silver Lining

A Supportive and Insightful Guide to Breast Cancer

Your Emotional Recovery From Breast Cancer

Breast Cancer Husband

Using Psychology to Support Those We Care About

When Someone You Love Has Advanced Cancer is a booklet for friends and family members taking care of a person with advanced cancer. This booklet covers making new decisions about care, how to discuss issues and changes with the health care team, getting support and asking for help, life planning and advance directives, talking with family and friends, talking with children and teens about advanced cancer, communicating with your loved one who has cancer, and tips on caring for both your physical and emotional self. *Related products: Caring for the Caregiver: Support for Cancer Caregivers – ePub format only -- ISBN: 9780160947520 Children with Cancer: A Guide for Parents -- ePub format only -- ISBN: 9780160947537 Coping with Advanced Cancer: Support for People with Cancer -- ePub format only -- ISBN: 9780160947544 Eating Hints: Before, during and after Cancer Treatment -- ePub format only -- ISBN: 9780160947551 Life After Cancer Treatment: Facing Forward -- ePub format only -- ISBN: 9780160947568 Pain Control: Support for People with Cancer -- ePub format only -- ISBN: 9780160947582 Surgery Choice for Women with DCIS and Breast Cancer -- ePub format only -- ISBN: 9780160947599 Taking Part in Cancer Research Studies -- ePub format only -- ISBN: 9780160947605 Understanding Breast Changes: A Health Guide for Women -- ePub format only -- ISBN: 9780160947612 Understanding Cervical Changes: A Health Guide for Women -- ePub format only -- ISBN: 9780160947629 When Cancer Returns: Support for People with Cancer -- ePub format only -- ISBN: 9780160947636 When Someone You Love Has Completed Cancer Treatment: Facing Forward -- ePub format only -- ISBN: 9780160947650*

When Someone You Love Is Being Treated for Cancer: Support for Caregivers – ePub format only -- ISBN: 9780160947667 When Your Brother or Sister Has Cancer: A Guide for Teens -- ePub format only -- ISBN: 9780160947674 When Your Parent Has Cancer: A Guide for Teens -- ePub format only -- ISBN: 9780160947681

A NEW YORK TIMES BESTSELLER As a healthy, happy thirty-nine-year-old mother with no family history of breast cancer, being diagnosed with the disease rocked Hollye Jacobs's world. Having worked as a nurse, social worker, and child development specialist for fifteen years, she suddenly found herself in the position of moving into the hospital bed. She was trained as a clinician to heal. In her role as patient, the healing process became personal. Exquisitely illustrated with full-color photographs by Hollye's close friend, award-winning photographer Elizabeth Messina, *The Silver Lining* is both Hollye's memoir and a practical, supportive resource for anyone whose life has been touched by breast cancer. In the first section of each chapter, she describes with humor and wisdom her personal experience and gives details about her diagnosis, treatment, side effects, and recovery. The second section of each chapter is told from Hollye's point of view as a medical expert. In addition to providing a glossary of important terms and resources, she addresses the physical and emotional aspects of treatment, highlights what patients can expect, and provides action steps, including: What to do when facing a diagnosis How to find the best and most supportive medical team What questions to ask What to expect at medical tests How to talk with and support children How to relieve or avoid side effects How to be a supportive friend or family member How to find Silver Linings Looking for and finding Silver Linings buoyed Hollye from the time of her diagnosis throughout her double mastectomy, chemotherapy, radiation, and recovery. They gave her the balance and perspective to get her through the worst days, and they compose the soul of the book. *The Silver Lining* of Hollye's illness is that she can now use the knowledge gleaned from her experience to try to make it better for those who have to follow her down this difficult path. This is why she is sharing her story. Hollye is the experienced girlfriend who wants to help shed some light in the darkness, provide guidance through the confusion, and hold your hand every step of the way. At once comforting and instructive, realistic and inspiring, *The Silver Lining* is a visually beautiful, poignant must-read for everyone who has been touched by cancer.

Life Reconstructed

Stealing Second Base

The Role of Giving and Receiving Social Support

Navigating the World of Mastectomies and Breast Reconstruction

Coping with the Emotional Impact of Cancer

Stronger Than Before

Calming the Emotional Storm of Breast Cancer