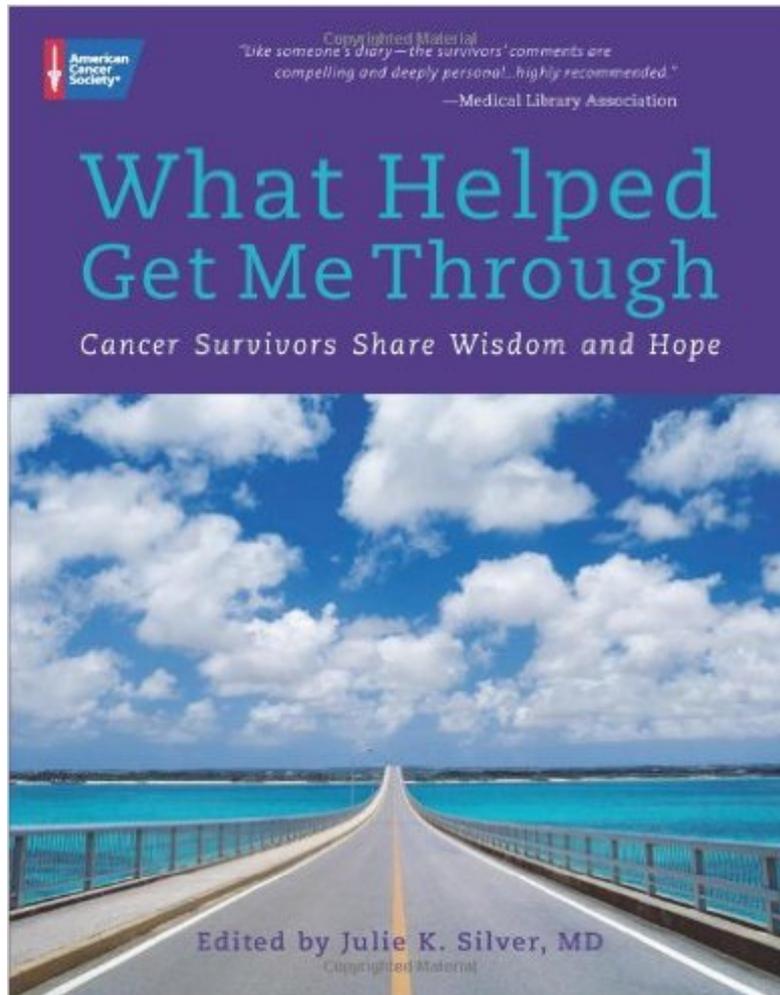


The book was found

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 1.2 x 9 inches

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

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

Best Sellers Rank: #140,447 in Books (See Top 100 in Books) #1 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #2 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic #2 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lung Cancer

Customer Reviews

From: [...]Author & Book Views On A Healthy Life!A FirstLook FeatureBook Review: What Helped Get Me Through (American Cancer Society, 2008) by Julie K. Silver, M.D.Edited by the award winning author, Julie K. Silver, herself a breast cancer survivor, the objective of What Helped Get Me Through is to provide stories, memories, and personal histories in the form of wisdom and hope by cancer survivors to others living with cancer. Dr. Silver surveyed hundreds of cancer survivors from around the world and interviewed medical experts and cancer leaders during her research for What Helped Me Get Through.What Helped Get Me Through offers guidance, emotional support, and advice to those just diagnosed with cancer and those undergoing treatment. Cancer survivors have been in the same situation, and speak their own words about survival, pointing out the small details to the major discussions of the emotional, physical, and spiritual aspects of having the

disease. What Helped Me Get Through from cover to cover: * How to manage fear, uncertainty, and speak with your young children. (Dr. Silver had to do this herself.) * How to explore and decide upon treatment options. * How to take care of yourself, spiritually, physically, and emotionally. * How to interact with your family and friends, allowing them to make a difference. * What would have helped, but was too difficult to ask for. * What could have helped at the time of diagnosis. Dr.

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