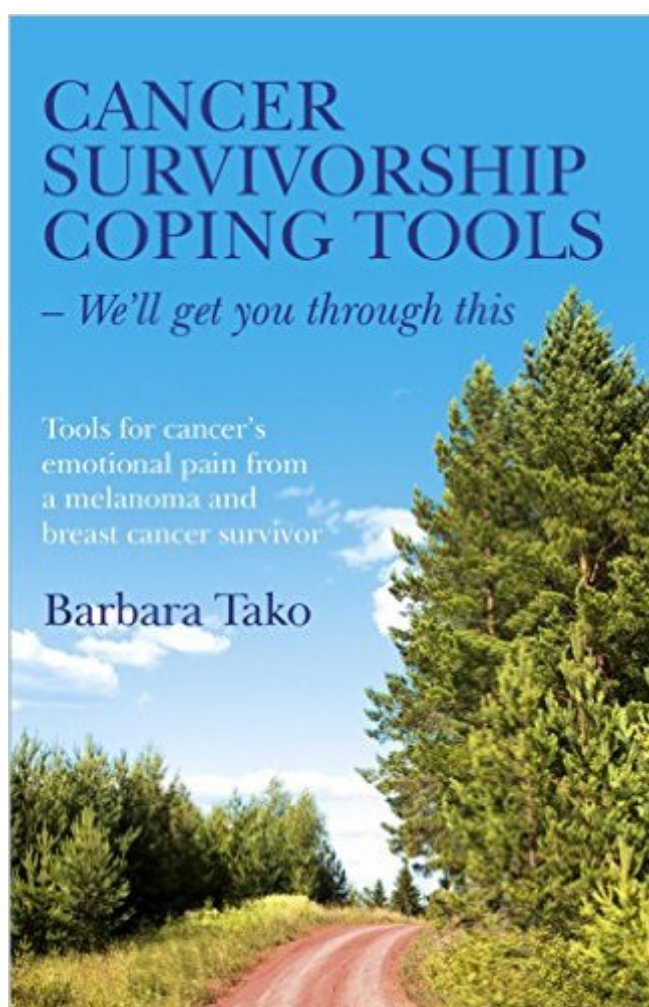


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# Cancer Survivorship Coping Tools - We'll Get You Through This: Tools For Cancer's Emotional Pain From A Melanoma And Breast Cancer Survivor



## Synopsis

Hearing the words "You have cancer" can be devastating. Some cancer patients even say that the emotional pain and loss of certainty from hearing this are worse than the pains from the cancer, surgeries, radiation, chemotherapy, and other treatments. This is the intimate journey of a melanoma and breast cancer survivor who honestly, and sometimes even humorously, shares her own story and offers supportive emotional tools to help people diagnosed with cancer, and their loved ones and caregivers, work through the emotional pain and upheaval of a cancer diagnosis. You will be supported in knowing what it feels like to hear you have cancer and be given a variety of helpful ideas to start feeling better whether you are newly diagnosed, in treatment, or months or years after treatment. If you are a caregiver, friend, or family member who wants to help, you will get a better understanding of the cancer experience as well as tools to help the person you care about.

## Book Information

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## Customer Reviews

There are so many books on cancer management and experience on today's market that it's unusual to see one that holds something different on the subject; but *Cancer Survivorship Coping Tools* comes from the writings of a two-time cancer survivor whose intent is to use her experience to provide tools for recovery from cancer's emotional pain (she is a survivor of breast cancer and melanoma), and it focuses on the emotional needs of patients and their caregivers. From the moment of diagnosis through treatment and the turmoil that rises and falls like a tide, it provides not just a candid account of the author's own struggles, but adds unexpected humor and tips for

perceiving positive paths when facing life-threatening health challenges. Its pages give clues on how supporters can help, and provide patients with insights on their emotional ups and downs and how to redirect negative impulses into positive results. Most of all, *Cancer Survivorship Coping Tools* goes beyond the usual meditation and imagery tips other books provide to impart some candid, different observations - such as how to not shut out those who want to help and, most of all, how to learn to trust one's body again. If all this sounds too simple, keep in mind that this set of tools is fairly basic. There's no magic in them; but having them all under one cover as a toolbox is a special event: one cancer survivors will want to celebrate.

Reading the wonderful insights and suggestions in this book is like having someone hold your hand in the darkness, assuring you that a light will come on at some point once again to light your path. Author Tako does an excellent job of balancing her own unique journey after her breast cancer diagnosis, which she calls her "personal 9/11", with the acknowledgement that the reader's journey and experiences may be similar but also just as unique. Her warm, candid, conversational tone draws the reader in to a safe and comfortable place during a time when everything seems pretty scary. If you can't be there in person to help someone who has been diagnosed with cancer, this book will help hold their hand and give them some resources they may not have considered to help them through a life-changing experience.

This book should be required reading for anyone who has received a cancer diagnosis. The book examines the physical, emotional/mental and spiritual aspects of the journey from diagnosis, through treatment, through subsequent months and years of worrying the cancer may return, someday. The author shares her own journey, but also includes many practical suggestions on coping skills. These practicalities include developing a support system, choosing a medical team and using the internet, to your benefit. This is the first one I've read where the author addresses the importance of decluttering - "getting rid of all the paraphernalia after the treatments are over" - it simply makes sense! I have read a number of books about how to deal with cancer, and chronic diseases, and this one is among the best. I especially love one message that the author repeats several times - "be gentle with yourself" - a beautiful reminder. If you are dealing with cancer, this book will really be a help to you.

When I was diagnosed with breast cancer I had mixed feelings about reading a book on the subject. I was somewhat reluctant mostly because a majority of the books I had seen at the time were

written by doctors and while they were informative, they lacked the personal touch only someone actually going through cancer treatment could address. Cancer Survivorship Coping Tools is the book I would have read, had it been available three years ago. While sharing her journey, Barbara Tako has lovingly addressed the multifaceted issues that arise during such a diagnosis and with her reassurance, helps the reader gain perspective. The author acknowledges that sometimes it is in fact hard to read about cancer while you are going through it, and suggests that we take from her book what we can manage at the time. She understands. And that is the crux of this terrific book. While each cancer diagnosis is unique, Tako has been able to capture the universality of such a frightening time while providing specific, useful, productive and sage advice along the way. For anyone lost in those early days of diagnosis and beyond, this book will bring order to the chaos. For friends and family who want insight so that they may help their loved one, this book is a must read.

This is a truly helpful book, written with humor and compassion, for any cancer survivor. It is full of practical suggestions for coping with a cancer diagnosis, coping with cancer treatment and coping with the uncertainties we cancer survivors feel after treatment. I have purchased it as a gift for a friend who has recently completed treatment and I cannot wait to give it to her.

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