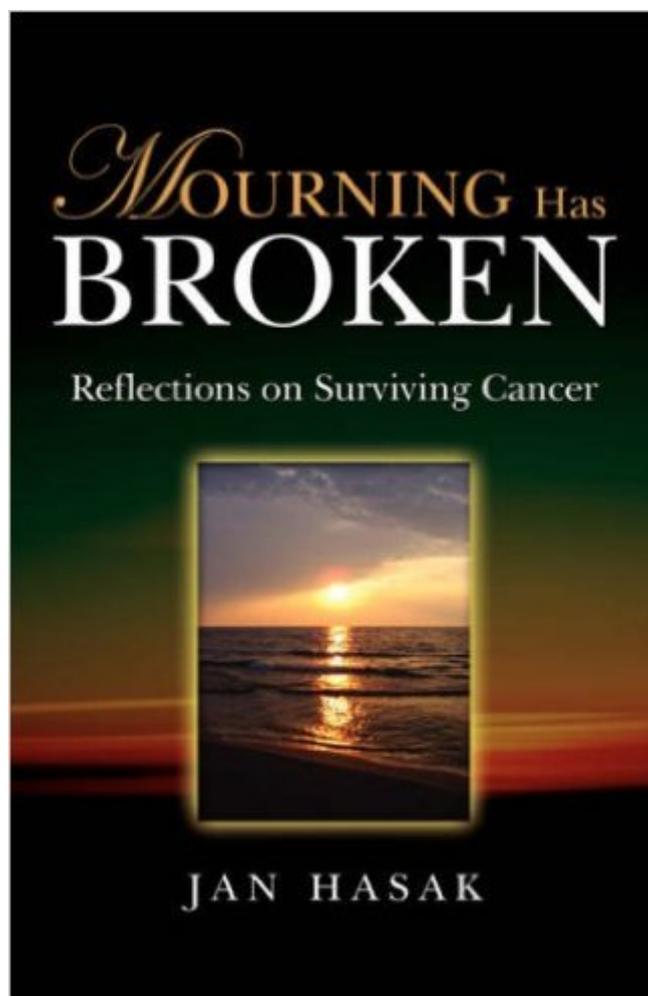


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# Mourning Has Broken



## Synopsis

How does a Christian woman maintain a bright outlook as she struggles through the psychological nightmare of breast cancer? A wife and mother, the author is faced with a cancer crisis while raising three young boys, working full time, and teaching Sunday school. This intensely personal story chronicles how the Lord sustained her through two bouts of cancer. The reader discovers her process for enduring diagnosis and treatment, making instant decisions, seeking support groups, facing a curious public, and holding family and job together. She addresses beauty challenges and gives survival tips to weary travelers on this lonely road. The book also explores how to manage the physical and emotional trauma of lymphedema, a little-known disorder affecting many cancer survivors due to lymph-node surgery. As a physician and husband of a breast cancer survivor, I can well identify with Jan's story... filled with helpful medical information and spiritual insights...

informative and encouraging. David B. Rollins, M.D., Fellow, American Academy of Family Practice

Jan's story of her amazing cancer journey, told with strength, courage, and humor, touched me deeply. I highly recommend her book to all cancer survivors at risk of or living with lymphedema, as well as their families and caregivers. Saskia R.J. Thiadens R.N., Executive Director/Founder, National Lymphedema Network Jan Hasak is a motivational speaker and author. At seminars, support groups, and church gatherings she shares how her faith in Christ sustained her as she endured breast-cancer diagnosis and treatment at age 43 and again at 52. As an attorney at a leading biotechnology firm with an advanced scientific degree, she wrote patents for over 20 years. She won an award from her company for her account of being treated with its breast-cancer drug, Herceptin®. She can be reached at [jan@janhasak.com](mailto:jan@janhasak.com) or through her website at [www.janhasak.com](http://www.janhasak.com).

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## Customer Reviews

"Mourning Has Broken" is an insightful, compassionate, and informative book. Anyone whose life has been touched by cancer will find Jan Hasak's story invaluable. She takes you inside the often confusing and frightening world of the cancer survivor and she does it with style, grace, and humor. I loved the way she sprinkled each chapter with appropriate Bible quotes. Her chapter on forgiveness was a real eye-opener. It helped me to get past several obstacles on my own road to recovery from breast cancer. The medical information contained in the book was extensive and very well-researched. I learned a lot. I highly recommend this book. Pat Derenburger

Jan Hasak is a retired patent attorney from a biotech firm, she now spends her time as a patient-advocate, an author, a blogger, and a speaker. A small lump in her breast changed her life forever at age 43. She was diagnosed with cancer positive for the estrogen receptor (ER) and progesterone receptor (PR). This alone sounded totally new to me--I didn't know different types of breast cancer existed, probably because I have studiously ignored the word "cancer." There's this teensy part of me that fears if I say the word, I might catch the disease. Jan introduced me to the world of breast cancer survivors. You might think it would be depressing, but Jan handles the subject with aplomb and humor. She takes us through surgery, radiation, chemo, and the nightmares of insurance. Even though she had to have had the same doubts and disappointments anyone going through this deadly disease must have, she maintained her faith and did her best to share her conviction that we serve a loving God throughout. Her love of the Lord shines through the pages. This woman did so much research on breast cancer you would think she planned to go into medicine in addition to her law degree. The technical information she spouted boggled my mind, but she spouted with plain English--in other words, understandable even to me. Jan also contracted lymphedema--a rare but serious side effect of surgery on the lymph glands she allowed the doctor to biopsy after removal of the cancerous lump. Once lymphedema develops, it is a permanent condition. Her left arm will never be normal again. This arm will not tolerate further needle punctures, requires meticulous skin care, and must avoid further trauma. She has to wear a full-length compression sleeve to minimize swelling, give her arm daily special exercises and massages, and in general treat it with kid gloves constantly. If you have breast cancer or know

someone who does, this book could be literally a life saver for them. In fact, if you have someone dear to you who has it, this will give you an inside track on what they're going through. Two months ago I lost an aunt to breast cancer. Earlier this year, a friend also succumbed to this abominable disease. I suspect you also know someone or several someones who suffer with it. In Chapter 20 of the book, Jan included several suggestions of things to avoid and things to do for your cancer-surviving dear one. I admit guilt over using some of the negatives and not doing more of the positives. God bless you, Jan Hasak. You are a candle in God's candelabra.

What a fantastic book or guide as I like to refer to it as. *Mourning Has Broken* covers it all as far as I'm concerned...it gives a lot of medical information which is very helpful, along with scripture which is very comforting for not only the person experiencing cancer or who has survived, but for the rest of us also. This author has given the world an insight as to what it was like to raise a young family, work a full-time job and serve the Lord. Her strength clearly came from her faith. I appreciated the giggles I got from this journey and the healing if provided. This is a must read for everyone.

I am a cancer survivor (melanoma) and a lymphedema patient. I found comfort in the companionship of sharing the author's journey. I recognized my own fears and frustrations and cried as I acknowledged, finally, after many years of unspoken pain that those emotions are normal and should be expected. Jan covers tremendous territory in great detail. I highly recommend her book and thank her for writing it.

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