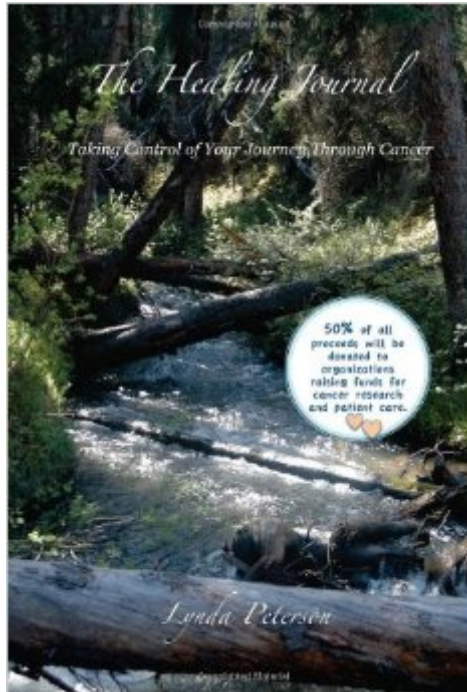


The book was found

# The Healing Journal: Taking Control Of Your Journey Through Cancer



## Synopsis

A 'must have' for any family facing a cancer journey! This comprehensive & unique journal was written specifically for cancer patients and their caregivers. It begins with My Story, the author's own journey, complete with the thoughts and raw emotions of an individual fighting to come to terms with, and learning to embrace life with cancer. A Journal section follows, with quotes of healing, faith and hope intended to inspire and bring strength to the user as they reflect and move through their own journey. The Healing Journal: Taking Control of Your Journey Through Cancer continues with sections designed to enable the user to keep track of all the details that will suddenly become important in their lives: Appointments, Medical history, Treatment Journal, Travel Arrangements, Contacts and more. Also included are Healing Strategies for taking control of those parts of the healing process that do not involve medical science such as diet, relaxation, relationships, exercise, wigs etc. all with useful references and practical advice. Patients and caregivers who use this journal will find it to be a functional and invaluable tool in their journey through cancer. Key Features: \* 50% of the proceeds are being donated to organizations and agencies involved in cancer research and patient care. \* Photo pocket inside the front cover \* File pocket inside the back cover \* Full color tabbed dividers making it easy to switch between sections.

## Book Information

Spiral-bound: 210 pages

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Language: English

ISBN-10: 0986903205

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Product Dimensions: 8.9 x 6 x 0.8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #2,422,255 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic](#) #193 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease](#) #900 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer](#)

## Customer Reviews

Like it, don't love...would give this a love it if it had lined paper for MY story, instead it has blank papers, which allows the writer to write just across the page, either slanting up or down the

page.(which I would do)...My one criticism.

This gem of a book is a long-overdue weapon in the cancer patient's arsenal. It is a convenient size - 6" X 9" - which fits easily into a handbag. There are pockets for photos of your loved ones, and for prescriptions, and the different sections: Healing Strategies, Appointments, Medical History, Contacts, etc., are easy to locate, even when suffering from 'chemo brain', thanks to the coloured tabs: everything in its place and a place for everything! The spiral binding is so helpful in keeping the book open at the right place, and each is beautifully illustrated with photos taken by the author, her family, and friends. The inspirational verses scattered throughout the book give a good sense of the author's positive and tenacious attitude which enabled her to 'fight the good fight' and succeed in beating this awful disease a second time. Out of the bitter lemons of her experience she has made a very inspiring and empowering pitcher of lemonade for all those who must walk the same path. I highly recommend this compact journal as a gift for anyone who has been diagnosed with cancer, or for their caregiver.

Lynda Peterson has created a great resource for those diagnosed with cancer. This journal will be a source of support for the patient, family members and caregivers from the point of diagnosis and all steps through the cancer journey. Patients and caregivers who use this journal will find it provides structure during a chaotic time. This journal allows the patient to take control of their diagnosis and provides inspiration and strength for all those involved in the journey.

It's a beautiful book, I have yet to see a journal so nice to look at and to touch, while still having all the necessary parts to make it practical and useful. I read your 'story', I want say that I am sorry for all you've had to endure. You helped me to understand how truly difficult the cancer journey is, and how a person can find resilience and strength. Your story is filled with hope and determination.

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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  
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Control Self-Assessment: Reengineering Internal Control (Enterprise Governance, Control, Audit, Security, Risk Management and Business Continuity) [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR

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