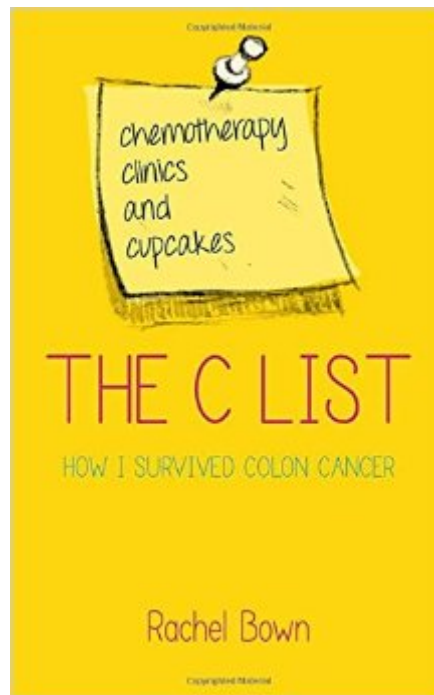


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# The C List: Chemotherapy, Clinics And Cupcakes: How I Survived Colon Cancer



## Synopsis

“This is not a ‘misery memoir’. Neither is it an, ‘I’ve got cancer and it’s the best thing that’s ever happened to me’ book. It is about the daft and sometimes funny things that happen to people living with cancer and useful tips for making the best of it.” Rachel Bown is a marketing director and single mother of two, who was diagnosed with advanced colon cancer at the age of 45. With a taboo-breaking sense of humor, Rachel shares her experiences and the lists she made to help gain some control over what quickly became an unpredictable life. Both funny and poignant, she vividly describes her battle with cancer and the often absurd situations she finds herself in “from a brutally flippant surgeon to her latest fashion accessory, a colostomy bag, to embarking on a project to build a 40ft-banana giraffe on the roof of her house.” Colon cancer is the second-biggest cancer killer in the US, but there is still a shocking low level of public awareness about it. Rachel offers you all the nuggets of information she picked up from hundreds of sources along the way, including questions you should ask your surgeon, the best treats whilst on chemo, things to look out for in a blood test, and how not to react when someone tells you they have cancer.

## Book Information

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Average Customer Review: 3.8 out of 5 stars See all reviews (6 customer reviews)

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## Customer Reviews

I got this as a gift for my sister recently diagnosed with stage IV colon cancer. She found much commonality in the story of this patient and her own diagnosis and treatment. The author focuses on her battle with cancer with hope, humor and living her life (planning marriage to man she met after

her diagnosis). She also shares some complementary and alternative medicine strategies she used in her treatment - this is a battle in which one wants to use everything and anything that might help (without hurting) so for someone with early stage disease it may not be as interesting but for late stage dx this is very valuable information.

This is a fast, easy read that manages to stay extremely upbeat even when the author is describing some pretty grim stuff. I highly recommend it to everyone, because sooner or later we will all know someone who faces this or face it ourselves and she offers a lot of wisdom and is downright funny, in a British-humor way. (She points out the rather troubling question on a pre-op form "Is there anything else that the surgeon or anesthesiologist should know?") It's hard to convey how charming and chatty the author is. By the end, you feel that she is a friend, or you wish she was, and that she has given the world a beautiful gift with this book. I'm so glad I picked it up just on a whim at the library one day. (Note: The book was based on a blog and that accounts for some odd transitions and perplexing verb tenses. That occasional lack of linearity may have been part of what bothered the person who wrote the 3-star review. But, if you take this for what it is, you will find it wonderful. I believe it would be an appropriate gift for someone who you are close to who has cancer, especially if part of the gift is that you have already read it yourself.)

Having been recently diagnosed with colon cancer, I thought this would be helpful to read someone else's story. I found it to be so upsetting to me, that I couldn't finish it. I realized reading someone else's story wasn't for me. If it helped others, that's great. Just not for me.

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