

Read Free Emotional Support Through Breast Cancer Pdf For Free

Breast Cancer Husband Stand by Her Journey through Breast Cancer An Emotional Journey Keeping It Real The Breast Cancer Book **Diagnosed with Breast Cancer** *Finding Hope for Your Journey through Breast Cancer* **Detecting & Living with Breast Cancer For Dummies** In the Arms of My Beloved **Chemo in Heels** The Evolution of Me **Thinking Through Breast Cancer** Touched By Breast Cancer *My Journey Through Breast Cancer* Common Issues in Breast Cancer Survivors My Journey With Breast Cancer and God's Miracles That Sustained Me *Saltwater Taffy and Red High Heels: My Journey Through Breast Cancer* Meeting Psychosocial Needs of Women with Breast Cancer **The Tender Bud** Celebrating Life Decades After Breast Cancer **JOURNALING THROUGH BREAST CANCER A Spiritual Journey Through Breast Cancer** **Strength of Heart** **My Quick Guide Through Breast Cancer** March Forth **Wet Wings** Healing Through Cancer **Cancer with Attitude** Not Done Yet I Am Not My Breast Cancer *Walking Through Breast Cancer: Coping with Breast Cancer* One Man's Journey Through Breast Cancer *At War with Breast Cancer - Black Women - It's Time to Speak!* **Thanks for the Mammogram! Handbook of Breast Cancer and Related Breast Disease** *C Notes* Life with Breast Cancer: Timing Medical Intervention **Every Step of the Way**

An Emotional Journey Humor and Hope Through Breast Cancer is a cartoon book drawn with a unique humorous twist on an emotional journey of breast cancer patients. The chapters are broken into the stages a person undergoes: discovery of the cancer, surgery, radiation, chemo, and finally, the happier days after all treatments. Heather did not back away from the silent emotions one goes through; it truly touches on many of the emotions of this journey in a distinctive way to assist that others will know they are not alone and understand there is hope. This book has been reviewed by cancer survivors, mental health professionals, and clergy, and has been found to be supportive for those fighting for their lives. Regardless of where you or a loved one is along this individual journey; these cartoons will be inspiring and humorous. Reading this gem of a book will make you laugh and sometimes cry-it's a cathartic experience for all. -Irene K. Rickus, MS, LMHC Hess leads us through Humor and Hope to the other banks of the ocean of pain and anxiety where one can sprout again with hope and peace from the rubbles of cancer. -Father Sebastian Earthedath, MST, Pastor, Our Lady Queen of Peace. When Heather called me after her breast cancer diagnosis, I was heartbroken. Our sorority of breast cancer fighters and survivors is exclusive, but not coveted. The

attitude Heather had was positive, just like her attitude toward life. Her unique insight into life situations has been well-illustrated within her artwork for many years. I know her collection of comical viewpoints of the uncomfortable, quirky positions that cancer fighters and their caregivers face will bring many laughs, lighten the uneasiness of sensitive topics, and encourage hope for the future. -Paula S. O'Neil, PhD, Author of *Fighting Cancer like a Girl*, Pasco County Clerk & Comptroller

Early stage breast cancer can be stressful and upsetting for both the woman dealing with the disease and her partner. This illness can also place a strain on a couple's relationship. However, couples who are able to provide effective support to one another are more likely to adapt well. Focusing on the couple as a unit can promote effective coping for both patients and their partners . This couples-focused group program aims to improve a couple's functioning as a "team" and provides a supportive environment for couples facing similar breast cancer-related issues. Over the course of six sessions, couples learn support and communication skills, as well as techniques to manage stress and enhance intimacy. Modeling by group leaders and other couples facilitates skill acquisition. With continued use, the skills learned in group can have long-term benefits for couples . This guide, along with the corresponding workbook, provides all the information needed to implement this group program. It contains step-by-step instructions for running the group, as well as sample group leader dialogues, in-session activities, and homework assignments. The couple's workbook is designed to be shared by both partners as they work together through the program. By the end of the six weeks, couples will be better equipped as a team to cope with the stresses of cancer and the challenges that may lie ahead. *TreatmentsThatWork™* represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Not Done Yet opens a window on one woman's journey through breast cancer treatment, recovery, recurrence, and beyond. When she found a lump in her breast in December 2005, Laurie Kingston was thirty-eight, with an active life, a family, and a demanding job. A diagnosis of breast cancer was nowhere on her radar screen. But when that diagnosis was confirmed months later, Laurie began writing a blog. She wanted to process her reactions and express what she was feeling. Above all, she wanted to write about her experience in her own way. Spanning a two-year period, the entries are written matter-of-factly, in clear and engaging language. They take the reader on a

compelling journey—from first diagnosis and what that meant personally and professionally, to preparing for treatments, learning how to ask questions of hospital caregivers, and coping with the physical hardships of undergoing chemotherapy. When Laurie learned in November 2006 that the cancer had spread to her liver, she was devastated. But she kept on writing--and went from a prognosis of "years not decades" and innumerable tumours, to "spectacular" results and (at last count) six clean scans under her belt. Laurie writes with both humour and compassion about her ups and downs as she comes to grips with this new reality. *Not Done Yet* will speak to those who are going through the same experience, those who know someone who is, or anyone who has wondered about living joyfully when life has been turned upside down. *Wet Wings: Poetry through Breast Cancer* explores the complexity of living with a life-threatening disease. Themes include: body image, parenting, nature, emotions, and the politics of being a "survivor." Written and illustrated by Well Beings Studio director, Sharon Frances, *Wet Wings* is the first of three volumes. Your trusted, no-nonsense guide to detecting and managing breast cancer From the breast health experts at the American Breast Cancer Foundation comes a sensitive and authoritative guide to the most common cancer in women: breast cancer. Covering everything from prevention to dealing with a diagnosis to coping with life after cancer, it serves as a trusted resource for anyone whose life has been touched by this dreaded disease. Advancements in breast cancer prevention, detection, and treatment are being made every day, but it can be overwhelming and confusing knowing where to turn and who to trust. *Detecting & Living with Breast Cancer For Dummies* distills the information into one easy-to-follow guide, giving you quick, expert advice on everything you'll face as you manage your breast health. From getting to know your treatment options to talking to loved ones about breast cancer—and everything in between—it does the legwork for you so you can take a deep breath and focus on your health. Perform regular self-exams the right way Cope with the many decisions that need to be made if you're diagnosed Ask the right questions about surgery, chemotherapy, radiation, and breast reconstruction Decipher complicated pathology reports with confidence Whether you're at risk for breast cancer or have been diagnosed and want to know your options, *Detecting & Living with Breast Cancer For Dummies* empowers you to take your health into your own hands. In *Meeting Psychosocial Needs of Women with Breast Cancer*, the National Cancer Policy Board of the Institute of Medicine examines the psychosocial consequences of the cancer experience. The book focuses specifically on breast cancer in women because this group has the largest survivor population (over 2 million) and this disease is the most extensively studied cancer from the standpoint of psychosocial effects. The book characterizes the psychosocial consequences of a diagnosis of breast cancer, describes psychosocial services and how they are delivered, and evaluates their effectiveness. It assesses the status of professional education and training and applied clinical and health services research and proposes policies to improve the quality of care and quality of life for women with breast cancer and their families. Because cancer of the breast is likely a good model for cancer at other sites,

recommendations for this cancer should be applicable to the psychosocial care provided generally to individuals with cancer. For breast cancer, and indeed probably for any cancer, the report finds that psychosocial services can provide significant benefits in quality of life and success in coping with serious and life-threatening disease for patients and their families. Throughout the book, I have tried to emphasize how each one of these five women, although devastated initially, exhibits strong faith in herself and after developing a positive attitude with the help of professionals, does not lose it until her fight is over. These women share a strong thread of optimism throughout their journey, and try to help other women like themselves. I have described each woman's background in detail, to make a point that cancer does not discriminate! It can develop in anyone, from any economic stratum, from any social class, rich or poor, young or old! However, to give a fierce fight to this disease, the means and measures to fight this war are the same. As such, all these five women, although suffer acutely through the initial shock and hopelessness, and even depression; develop and exhibit empowerment throughout the journey. They are ordinary, every-day women, loving their husbands and children, putting their heart and soul for the betterment of their families, some of them working hard outside their homes to provide for their families, and enjoying simple things of life. The same ordinary women, when attacked by breast cancer, refuse to be defeated by this deadly disease. They overcome their initial shock with a keen desire to fight the disease. I have shown them to be the first rate soldiers combating breast cancer with hope and self-confidence. Each woman's journey comes to an end with a success, success defined in their own terms, of course.

Handbook of Breast Cancer and related Breast Disease is a practical guide to the management of patients with breast malignancies and related non-neoplastic lesions. Written and edited by leading experts, this handbook focuses on the application of conventional and novel treatment strategies to the care of patients with nonmalignant breast disease and all stages of breast cancer. The handbook is organized chronologically, from screening, through diagnosis and management, to survivorship care and related medical issues. The bulk of these chapters provide evidence-based treatment strategies for all patient subsets, including how to manage patients with high risk breast lesions, invasive breast carcinoma at each stage, and with all known molecular subtypes of breast cancer. Surgical, radiation, and medical treatment options are all discussed for each stage of breast cancer including treatment approaches in pregnancy and for high risk lesions and Phyllodes. This handbook is a comprehensive yet concise resource for residents, fellows, and early-career practitioners. Community oncologists, breast surgeons, radiation oncologists, primary care practitioners, and OBGYNs will also find its concise review of new research and procedures to be very useful in this dynamic field of medicine.

Key Features: Includes discussion of genomic testing in management of early stage breast cancer
Covers adjuvant and neoadjuvant treatment approaches
Includes short clinical trial reviews for quick update of study endpoints and results for reference in management of breast cancer
Outlines strategies for survivorship issues
Key points in each chapter highlight clinical pearls and

summarize other important concepts C-Notes began to grow as Patsy Paxton's daily journals documented her struggle with cancer. From the first terrifying phone call to a new outlook on life; from a life in her native West Virginia to a medical complex in Houston; from the agony of recovery to a spiritual breakthrough in the Southwest. Her tale is packed with positive information on a personal, practical, and human level that can help others prepare for the ordeal -- from diagnosis to recovery. "Providing comprehensive, current, and reliable information on breast cancer, this book, written by an experienced oncologist, a surgeon, and a breast cancer survivor, informs and inspires readers, wherever they are in the breast cancer experience. Patient stories, essays from medical specialists, and illustrations add clarity and insight"-- Lisa Grimaldi resides in Hershey, Pennsylvania where she spends her days gracefully avoiding the dietary pitfalls of living surrounded by all things chocolate. Besides almost surviving breast cancer, she has also survived her bad hair of the 80's, the Carter years and the invention of Crocs. (Although, she did have to seek professional help for the Croc invasion.) Ms. Grimaldi is the mother of four: A 23 year old very quiet law student, a 20 year old college sophomore majoring in environmental science who finds his mother's shoe collection an immense waste of natural resources, but loves her nonetheless, a 39 year old husband who thinks she spends too much money on shoes, but never argues when she wears his favorite pairs, and a 5 year old Yorkie who just plain loves her and spends many days on her lap writing in her closet. *Chemo in Heels* is Ms. Grimaldi's first publication. A guided self-help journal for women who have been diagnosed with breast cancer. "I am not my breast, and I am not cancer; they are only pieces of who I am. What is my heart like, am I kind, strong, loving, compassionate. . . . Those are the things that count." *I Am Not My Breast Cancer* gathers the warm, loving, frank, and informed voices of more than 800 women—from every state in the nation and from continents as far away as Australia and Africa—who reveal their fears, trade advice, share experiences, and express their deepest, most intimate concerns. Nothing before this groundbreaking book has captured the real experience of breast cancer. It is essential reading for any woman with this diagnosis. *I Am Not My Breast Cancer* offers women the companionship of other women dealing with this disease. Ruth Peltason, who has twice undergone treatment for breast cancer, has woven their stories together while maintaining the authenticity of their voices. These are ordinary women dealing with this cancer and its many ramifications. They range in age from their early twenties to their late seventies. They are the collective face of breast cancer today. Their comments are moving, sometimes funny, always honest. They speak out on every topic, from lovemaking and intimacy to losing their hair, from juggling the day-to-day realities of being a patient, mother, wife, and coworker to the overwhelming worries about their own mortality. Remarkably, they emerge with grace and optimism and a determination not to be defined by disease. Taking the reader chronologically through the stages of diagnosis, treatment, recovery, and self-discovery, *I Am Not My Breast Cancer* offers women a deeper understanding of themselves and living with cancer. As Peltason writes in her introduction, "My

greatest wish for this book is that it offer comfort to any woman living with breast cancer and to those who care about her. If this book is kept on the bedside table, then I hope its need is brief and its impact lasting. I Am Not My Breast Cancer speaks of courage, heroism in deeds small and large, and incredible faith and fortitude." "You can live without a breast. You cannot say the same for the human heart." Ron was left in a state of shock and sadness when diagnosed with breast cancer. Becoming involved in a creative process like photography helped shift and redirect his energy so that he was no so caught up with his illness. Photography became the source of much joy for him in a way that he could never have imagined at the time of his diagnosis. This book provides a clinically useful resource for evaluation and management of the symptoms and issues that burden survivors of breast cancer. Improvements to breast cancer screening and treatment have resulted in more patients than ever before having been cured after local definitive and systemic therapies. Primary care providers and specialists must be increasingly familiar with the issues that breast cancer survivors routinely face. This is the first book to provide a single resource for common issues faced by breast cancer survivors from a truly multidisciplinary perspective; each chapter of this text is coauthored by at least one oncologist and one specialist outside the field of oncology in order to include the perspectives of relevant disciplines. User-friendly and clinically applicable to all specialties, individual chapters also include tables and figures that describe how best to conduct initial evaluation of the given symptom as well as an algorithm, where applicable, outlining the optimal management approach. Common Issues in Breast Cancer Survivors: A Practical Guide to Evaluation and Management empowers non-cancer specialists and practitioners who care for breast cancer survivors to address common issues that impact patient quality of life. It may be your greatest fear coming true or something you never thought would happen to you. Either way, breast cancer has entered your life and turned it upside down. Now you're wondering how you're going to make it through: Are you going to be alright? Is your family going to be okay? And where is God in your struggle? Has he deserted you? Joni Eareckson Tada, herself a survivor of breast cancer, walks with you through the struggles and questions that naturally arise in the face of suffering and offers you hope through Christ. With the understanding, wisdom, and grace that comes from experience, she points the way to a deepening trust and hope in the God who provides daily grace and strength even in the midst of great suffering. Hope, Courage and Strength We often see these three words associated with the journey of someone who survives cancer. But where do we find strength when we have never felt so weak? Where do we find courage to face a challenge of this magnitude? Where does hope spring from, and how do we possess it? Turning to the God she loves, Sandra found these answers in Him. This story recounts the cries of a desperate daughter seeking to find comfort, healing, and truth from her heavenly Father. Follow her journey as she learns to trust and lean on God as she walks the road to victory. "There is no voice so compelling as the voice of experience ... In the Arms of My Beloved is a book I highly recommend, not only for the cancer patient herself, but also for all those who love her." -Stacey Campbell,

Revival Now! Ministries "Sandra's inspiring story offers hope and practical wisdom to those who are walking through difficult times, especially when faced with serious or life-threatening illnesses." -Dr. Ruth Demian, MD Imagine the hope and comfort you will feel surrounded by forty inspiring breast cancer survivors as they share stories of celebrating life twenty, forty, even fifty years after diagnosis. You'll be welcomed into an inner circle of support as each woman shares her personal journey through breast cancer and insight about why she believes she has thrived for decades beyond diagnosis. Whether you are a survivor, caregiver, family, friend, or part of an oncology team, this book will help quiet fear, calm anxiety, and offer the priceless gift of hope. Beverly McKee, MSW, LCSW, is a mental health therapist and Stage III breast cancer survivor. She was inspired to compile this powerful collection of stories after planning a party set for October 17, 2052, exactly forty years in the future from the date of her own diagnosis. You are invited to meet these unforgettable women during a worldwide book tour! For details and to learn how you can join an exclusive online book club visit www.BeverlyMcKee.com. An Insightful Journey That Will Speak to Anyone Affected by Cancer! In March Forth, author Marci A. Schmitt takes us inside her eye-opening journey with breast cancer. March Forth provides a remarkably detailed portrayal of her experiences following her diagnosis. Schmitt's faith-filled journey details her initial shock and confusion when told she had breast cancer and how she grappled with a bewildering array of treatment options and insurance issues. This is a deeply personal yet universal, spiritual yet practical book that will speak to anyone affected by cancer. In this moving journey, we experience firsthand the physical and mental challenges of being diagnosed with and treated for breast cancer. Although sprinkled with humor, Schmitt's account pulls no punches in describing the long and grueling recovery process a breast cancer survivor experiences. More important, March Forth offers an understanding of how to support a friend or relative dealing with cancer. This powerful, informative, and inspiring journey will make readers laugh one moment and cry the next. "This heartwarming story, told through the eyes of a breast cancer survivor, helped me understand the process and challenges one faces with cancer. It offers great insight into what a person goes through, and most importantly offers an understanding of how to support a friend or relative dealing with cancer. Laugh, cry, and 'march forth' with Marci." -J. Wilhelmus, Educator "As I read this book, I was crying and laughing. All I can say is WOW!!!" About the Author Marci Schmitt is a breast cancer survivor. She grew up on a dairy farm in southern Indiana with her dad, mom, and three siblings. A former educator, supervisor, and coach, she is now a stay-at-home mom. She enjoys spending time with her family and volunteering in her community, at her church, and at her two sons' school activities. This story speaks not only to breast cancer survivors but also to all women when facing challenge and adversity. It began as a diary of diagnosis and treatment, but evolved into a discovery of self. It is not a story of tremendous courage against extraordinary odds, or of miraculous cures. It is simply one ordinary woman's fight against this insidious disease. Learning about and using the mind-body-spirit connection, and inviting family and friends to embark on this journey with her,

made the author's illness and recovery so much easier to bear. Join her in this roller coaster ride of despair, hopes, fears, friendship, love, tears and laughter, and perhaps collect a little inspiration and joy along the way. Anyone who has been diagnosed with breast cancer or knows someone who has been diagnosed with breast cancer recognizes that cancer raises a host of questions concerning its nature and how we treat it. Such questions frame the difficult decisions that patients must make about their treatment and care. *Thinking Through Breast Cancer* is a philosophical investigation of how breast cancer is described, explained, evaluated, and socialized in medicine. Written by a breast cancer survivor, the book interweaves personal experience with a systematic breakdown of key and highly pertinent philosophical concepts, and brings to light insights that emerge in metaphysics, epistemology, ethics, social and political philosophy, and bioethics. Further, it is an investigation of the ethical implications of understanding breast cancer. Cutter seamlessly combines clinical information with philosophical analysis and makes recommendations as to how we can navigate the complex and, at times, uncertain terrain of breast cancer knowledge and care. In this way, the book is not simply a survey of what we know about breast cancer, but a personal search for guidance about navigating the complex, confusing, and frightening terrain of breast cancer diagnosis, treatment, and survival. Provides practical advice and inspirational messages for men to help them lend support to women who have been diagnosed with breast cancer. Both my mother and elder sister have been diagnosed with breast cancer. My mother lived more than 27 years beyond her prognosis of six months, and my sister continues to live more than 25 years cancer-free. After supporting and walking with both of them through their diagnosis and treatment, I truly felt more prepared to confront my own diagnosis. In July 2012, I was diagnosed with bilateral breast cancer and underwent a bilateral mastectomy, DIEP abdominal flap surgery, chemotherapy, latissimus flap surgery and numerous plastic surgical procedures. I immediately began researching why this was happening at this time in my life. What I discovered, I began to share with other women who were also fighting breast cancer. We not only suffered and struggled physically, but also mentally and emotionally. Some expressed feelings of being afraid, not knowing what the future holds. There were some who felt their cancer diagnosis meant immediate, eminent death; yet others were simply ashamed that they had done something to bring this scourge upon themselves. By sharing our stories and encouraging one another we were able to become more informed about breast cancer. We were encouraged to investigate our own unique case of breast cancer and become more informed about what was happening to our individual bodies. My research revealed the statistical fact that breast cancer prevalence is higher in white women than in Black women. However, the death rate from breast cancer is 41% higher among Black women. I soon realized that what is killing Black women is not necessarily the disease of breast cancer. I realized what is primarily killing us is our fear, our shame and our silence about having breast cancer, coupled with the lack of access to quality health care and information. This is what has motivated me to write this book. I pray my book will encourage women to make some

changes today before they are faced with a diagnosis of breast cancer. However, for those who may have to fight it, please know that breast cancer is not necessarily a death sentence and we don't have to face it alone. We can use this diagnosis to empower our lives and the lives of others and fight the desire to feel sorry for ourselves, blame ourselves, blame God, or succumb to fear, shame or silence! Rita Muhammad is also the author of another book entitled, "At Home! Abroad". Touched By Breast Cancer is about providing a space for all those who have been touched by breast cancer to share their stories. Stories include those who have been on their own breast cancer journey, those who have supported others, those who have been involved in the treatment and the support and those who have provided resources and support through not for profit associations. Read each story and be part of each person's journey - there will be tears, there will be gladness. Each journey is different and unique. The underlying theme from each story is courage, hope and the indisputable fact that breast cancer touches so many - you, your family, your medical team, your friends, support and foundations. Everyone in the community is touched in some way, shape, or form, from the very moment those dreaded words are said "You have breast cancer". Breast cancer affects everyone it touches, whether firsthand or through the life of a loved one. Counselor and teacher Yvonne Ortega discovered this when she was diagnosed with breast cancer and began her journey. In Finding Hope for Your Journey through Breast Cancer, she shares with readers her personal triumphs and setbacks with humor and refreshing candor, always reminding us of God's desire to meet us exactly where we are. In this repackaged book, sixty devotions are divided into sections--diagnosis, surgery, treatment, and recovery--each incorporating Scripture into daily life. It also includes a new chapter on living with the possibility that cancer may return. Ortega's attention to even the most basic hopes and fears that a cancer patient faces each day offers encouragement that can come only from one who has been there herself. Help is on the way with Virginia Viola's comforting debut, Walking Through Breast Cancer. Warm, witty, and undeniably human, this eye-opening guide to one of the country's most prevalent diseases is exactly the kind of book Viola wishes had been around when she was diagnosed with breast cancer. Readers will find comfort and renewed hope as they navigate the personal side of an often impersonal journey. While the resources available for breast cancer patients usually revolve around medical textbooks and sterile explanations from doctors, Walking Through Breast Cancer chronicles the real feelings and struggles that come with losing your hair after less than three weeks of chemotherapy or dealing with rapid changes in your skin's look and feel. Questions both big and small are tackled with refreshing honesty and surprising candor, including "Who or what caused cancer for me?," "Why am I going through this when others don't have to?," and "How do I stay honest with my feelings while not having this disease define my relationships with others?" With one in every eight women experiencing a diagnosis of breast cancer at some point in her life, this guide is a must-read for both breast cancer patients and caregivers. This dissertation studies breast cancer care historically and ethnographically to address four questions: (1) how breast care

structures and normalizes the actions of medical scientists, care providers, and women, (2) how medical scientists make breast cancer facts, (3) how medical paradigms habituate in institutions, bolster professionals, and lived through the women affected by the disease, (4) what are the emerging parameters for women's participation.

Product Description:When cancer knocks on your door or the door of a loved one, what do you do?This is the inspiring story of a working mom with a busy family, challenging job, and unflagging faith. **KEEPING It REAL: Personal Reflections of My Journey Through Breast Cancer** takes a loving look at one family's journey: a journey that included graduations, weddings, and steps up the career ladder, all against the devastating backdrop of Laura's breast cancer diagnosis. Laura and her loved ones share a profound message of hope and celebration that will encourage and uplift those diagnosed with cancer, empower and educate caregivers, honor cancer survivors, and touch all.

Reviews:Laura's journey is a remarkable one. I am so thrilled that she has chosen to draw upon her collective experiences as a wife, mom, educator, cancer survivor and woman of faith to share her story of hope as a way to support, educate and inspire others. She certainly has touched my life in this way and for that, I am grateful. Thank you, Laura. I am honored to call you my friend. Dr. Katy Cortelyou, Education Consultant

In the midst of her hard fought battle, her faith was tested, but she came out the other side with a refined sense of her role in God's world. It was during this fight that Laura also assumed the leadership role of principal of one of the largest elementary schools in her district. She began to write and share her joys and sorrows while always standing on the Word. We can all learn and benefit from the experiences of this woman of faith; teacher of all children; leader in public education; a loving mother, wife, and now Grandma! Debra Edmiston

Senior Director of Elementary Education, Retired

Laura Starner's story about her journey through breast cancer struck me on all emotional levels. Not only is she an accurate and prolific note keeper, but she also put her experience into words so that I was able to understand even the technical terms. In the process, I learned to understand my own body a little more. When I picked up the book and started reading, I could not put it down. I had to know what happened next and sometimes I just let tears roll down my cheeks. This story is a must read not only for someone who is diagnosed with cancer, but for every woman and man. It could change your life as it has mine!

Diana Hill Myrick

Retired, Senior Director

Polk County Elementary Schools

About The AuthorLaura Starner, B.S., M.S., is an author, wife, mother, grandmother, retired school principal and an encourager at heart. After 23 years in education, Laura retired her position as a school administrator. She brings that experience to lead and inspire others to live a life full of hope and to reach their full potential. Through her writing she encourages survivors, caregivers, friends and family to live each day to the fullest. Laura Starner holds a B.S. in Elementary Education and a M.S. in Educational Leadership. She has been happily married for 35 years and has two children and four grandchildren. Laura exudes positivity and naturally encourages those around her. She believes that everyone can live a powerful life. She enjoys eating clean and trying new recipes. She loves to read, especially at the beach, and telling her

story through her book. Most importantly, she loves and adores her ever-expanding family! This book is an all-in detailed journey through one of life's most challenging battles. In it, Anastasia provides excellent insight into her journey with breast cancer. She provides helpful hints on how to thrive through the journey, leaning entirely on her faith and her family. Anastasia details the ups and downs through being diagnosed at age thirty-four, a wife and mom to three little ones. Anastasia holds nothing back as she dives into motherhood, friendship, and marriage. With the God-given strength she was given, she shares all of the changes and challenges the cancer journey brings. I didn't choose cancer. It chose me, but I did decide what I would do with it. I would lend my voice to the situation. I would encourage, empower, and give hope. I would shine in times of darkness, and I would get up after every fall. - Anastasia Stevenson

A diagnosis of breast cancer can be devastating....any diagnosis of cancer can be devastating. It is difficult to accept that fact that none of us are immune to cancer...and cancer does not discriminate. This author shares her story as a woman, mother, friend, nurse, and educator. Her story is shared in efforts to help others victims and their loved ones facing similar challenges. Intimate details are shared with the reader including suggestions for coping. She often uses humor as a supportive tool in her journey. The reader journeys through diagnosis, chemotherapy, radiation and recovery. The story is shared in a unique format of emails sent out to a caring group of individuals throughout the year she "lived" with cancer. Sharing her story is her way of "paying it forward" to those who shared with her along the journey. When Laura Jensen Walker was diagnosed with breast cancer on her first wedding anniversary, she found humor to be healing in the midst of terrifying circumstances. In this energetic and hope-filled book, she draws on her faith and her sense of humor to encourage others going through the same thing. From discovering that "bald is beautiful" to navigating the world of saline breast implants, Walker recounts the highs and lows of coping with cancer. Infused with strength and dignity, this classic book has now been revised and updated for a new generation, showing women confronting the disease--and those who love them--that faith, hope, and a healthy dose of laughter can make all the difference. A guide for men whose wives contract breast cancer offers emotional support and advice every husband needs, including guidance from breast cancer doctors and the shared experiences of those who have gone through the same ordeal. Original. 30,000 first printing. Judy Asti writes about how she renewed her faith while undergoing treatment for breast cancer. Cathy Suitor Riley decided to write this book during her treatments for bi-lateral breast cancer. It seemed to help to put her experiences on paper and she was hoping that her story would inspire and strengthen anyone that was going through any type of trial, not just breast cancer. It is obvious throughout this book that God was ever present during her journey and carried her when she couldn't carry herself. The faith that Cathy was taught during her childhood from the two Christian parents she was blessed with is what made all the difference in her life. She knows that without those teachings and lessons in faith she may have given up from the very first day of her diagnosis. Cathy had always said she didn't see how any woman could go through breast cancer because

she would have to give up her hair and breasts, the two main things that make a woman feel feminine. It is obvious now that the way a woman gets through this is from the strength given to her by God. Only God can carry any of us through the trials we will face in this life, and there will always be trials as long as we live on this earth. It is this authors hope that this book will give you strength, hope, faith and the knowledge that your God is always with you and He is waiting for you to seek Him and depend on Him for everything. He is as close as our next breath and He is our very best friend. Always draw near to God and He will carry you through all things of this world.... May God bless you as you read and meditate on this book! Eve Preste, aka Eve Dolansky grew up in a small town in Appleton, New York on a large fruit farm. She went to college at Niagara University and Buffalo State College to study journalism. After meeting her first husband, she moved to Florida and had two daughters, Alexis and Sierra. She then, embarked on a 20 year journey in the financial industry. At 45, she was diagnosed with breast cancer. Journaling became her vehicle of deliverance from a bottomless abyss. Writing in her journal allowed a to spend time and make some sense of this surreal dream. By exploring deep within her, she began to develop clarity in the midst of a storm. After yielding to the higher power, it helped her welcome the beauty of the entire situation. As Dr. Wayne Dyer says: When you change the way you look at things, the things you look at change. Perfect health is balanced by a life threatening disease. Once an equilibrium is maintained, we can understand that opposites are joined together. When suffering comes our way, it is how we respond to it that determines who we become. It was her choice to make a calamity or true gift out of her illness. Rather than lamenting, Eve chose to be grateful for each sunrise, sunset person and circumstance in her life. After being diagnosed with breast cancer, Eve embarked on a new journey of wellness. She hopes to establish a wellness center to help people balance their mind body and spirit. One major event can turn ones life around for the better: we hold true to the saying, Things happen for a reason. The Tender Bud is the moving story of one woman's journey through breast cancer. The woman in question happens to be a senior psychiatrist of broad learning and deep clinical insight. Madeleine Meldin weathered the crisis of breast cancer without the support of an immediate family and in the context of ongoing professional burdens. This book is the journal that she wrote for herself as an aid to coping with the personal upheaval of diagnosis, mastectomy, and the aftermath of treatment. It was written while these events unfolded. With arresting candor, Meldin chronicles her emotions at each stage of her odyssey - the recurrent cycles of denial, anxiety, and despair; the conflicting feelings engendered by her physicians, surgeons, and the treatment "establishment" in general; her struggle between resignation and emergent hopefulness. Unique to Meldin's account is her ongoing juxtaposition of the different dimensions of "having cancer." Simply and gracefully, she chronicles the everyday dimension of cancer, with its obligation to proceed maturely and dispassionately with medical and surgical care, to meet one's professional responsibilities, to maintain the appearances that allow one to carry on with one's life. Meldin excels at showing how even the most mundane

experiences of everyday life - conversations with friends and colleagues, the selection of clothes, a trip to the hairdresser - became saturated with her illness, with her sense of herself as a cancer patient. *Saltwater Taffy and Red High Heels* is a manual for breast cancer patients and survivors. It details the author's journey through her diagnosis and recovery from Stage IIIA breast cancer.

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