

Breast Cancer Resources- Master List Books in the Library for Healing

Alphabetical by title

After Mastectomy : Healing Physically and Emotionally

Rosalind Benedet and Bob Hogenmiller
Addicus Books, Omaha, NE , 2003 pp164

Post Treatment Information

This sensitive medical book balances the emotional and biological challenges a woman faces during the post-operation stage of breast cancer by offering wisdom and practical advice. Issues addressed include recovering at home, coping emotionally, and redefining body image. Prosthetics, reconstructive surgery, nutrition, exercise, lymphedema, and follow-up treatment are also discussed.

Rosalind Benedet, NP, is a clinical nurse specialist at the Breast Health Center of California Pacific Medical Center. She lives in San Francisco, California.

The Anatomy of Hope; how people prevail in the face of illness

Jeromen Groopman, MD
Random House, New York, 2003, 272pp

Spirituality and Healing

This book helps identify why some people find and sustain hope during difficult circumstances, while others do not. Dr. Jerome Groopman spans some thirty years of practice, during which he encountered many extraordinary people and sought to answer these questions. The book begins when Groopman was a medical student and it culminates in his remarkable quest to delineate a biology of hope. Mixing human elements and science, Groopman explains how to distinguish true hope from false hope—and how to gain an honest understanding of the reach and limits of this essential emotion.

Be A Survivor Your Guide to Breast Cancer Treatment

Vladimir Lange
Lange Productions, San Diego, 2003, 180pp

Diagnosis and Treatment

This is a user-friendly book for women seeking answers and a measure of hope. Based on his video and CD-ROM programs (Lange, 1997), *Be a Survivor™*, it follows the stages of treatment and recovery, offering an easy to understand text, topic boxes, illustrations, and checklists of questions for doctors, and survivor stories. This book also covers reconstruction, alternative therapies, clinical trials, and life after breast cancer. The book ends with a lengthy resource list, a glossary, and an index.

Beyond Slash, Burn, and Poison Transforming Breast Cancer Stories into Action

Marcy Jane Knopf-Newman

Rutgers University Press, Brunswick, NJ, 2004, 197pp

Personal Accounts and Survivor Stories

This book discusses Breast Cancer treatment perceptions throughout modern history. It focus on five well know women and how their diseases impacted the way we think about breast cancer and the treatment we receive. It frames a number of viewpoints on breast cancer in relation to femininity, privilege, sexuality, race, and the environment .The book outlines chronologically the progression breast cancer being kept private, to just talking about it, to it becoming part of the public discourse and awareness. Included are personal accounts, written by women struggling to play an active role in their healing process and, at the same time, hoping to help others do the same.

BOOBS : A Bunch of Outrageous Breast-Cancer Survivors Tell Their Stories of Courage, Hope and Healing

Ann Kempner Fisher

Cumberland House Publishing, Nashville, TN, 2006, 336pp

Personal Accounts and Survivor Stories

B.O.O.B.S. shares the personal experiences of ten women from shocking to surgery and recovery. It discusses the effect breast cancer has had on them and on the people in their lives. Brought together by a program offering cost-free psychological support to cancer patients and their loved ones, the ten women in this book strongly believe in the healing power of group therapy and peer sharing. *B.O.O.B.S.* offers hope to women facing breast cancer as well as insights for family members into what their loved ones are going through

Breast Cancer Basics and Beyond

Delthia Ricks

Hunter House, Alameda, California, 2005, 384pp

Diagnosis and Treatment

Recommend by the Library Journal and Breast Cancer Fund this comprehensive guidebook is bent on removing the accusatory attitude that women are responsible for their illness. Rick's does a good job of explaining what lies behind much inaccurate information being circulated around breast cancer. This book is an excellent resource that comes highly recommended.

Breast Cancer Husband

Marc Silver

Rodale Press, Emmaus, Pennsylvania, 2004, 319pp

Help for Family Members

This book is written from the husband's or caregivers point of view. It contains medical information, practical tips, psychological insight, and coping strategies to help men help the women they love through this trying time. An award-winning journalist has compiled the kind of emotionally supportive and useful resource that he wished he had been able to consult when his wife was diagnoses with breast cancer. This book was written to give men the tools they need to help their

wives, their families, and themselves through this scary, uncertain time. Highlights include: The shared experiences of other breast cancer husbands, guidance from top cancer doctors in the country, advice on when, how, and what to tell your young children, tips on coping with radiation and chemotherapy, and a candid discussion of sex and intimacy following breast cancer surgery.

A Breast Cancer Journey

American Cancer Society, Atlanta, GA, 2004, 427pp

Diagnosis and Treatment

This book supplies easy-to-understand information on breast cancer treatment options, surgical techniques for breast reconstruction, drug therapies, complementary and alternative treatments, and genetic research. Also offers tips and advice on managing the emotions, reactions, and side effects of treatments. It is written in a friendly, understandable way, with information that is comprehensive but not overwhelming.

The Breast Cancer Prevention and Recovery Diet

Suzannah Olivier

Woodland Publishing, North Orem, UT, 2001, 297pp

Post Treatment Advice and Guidance

British nutritionist Olivier shares personal stories of breast cancer recovery, including her own, and suggests that diet should be considered in connection with cancer much as it is with heart disease. She makes recommendations that women should eat more whole grains, more soy, more vegetables, certain phytoestrogens, and less saturated fat and sugar. A qualified nutritionist and a long-term survivor of breast cancer, reveals how eating the right foods can give you essential support by building the immune system, rebalancing hormones, and encouraging detoxification to keep the body well nourished and in fighting form. The Breast Cancer Prevention and Recovery Diet is essential reading for all women.

Breast Cancer: Real Questions & Real Answers

John Glaspy, David Chan, and Frank Stockdale

Marlowe & Company, New York, 2004, 288pp

Diagnosis and Treatment

This doctor recommended book is uniquely structured as a Q&A between patient and doctor. It provides you with an easily navigated, completely current resource for all of your questions. Topics include:

- What breast cancer is and why you have it
- Who should treat you and how to choose a medical team
- Your options for breast surgery and reconstruction
- How to select your surgery, radiation, hormonal therapy, and chemotherapy
- Lifestyle changes that could increase your chances of recovery
- Advice regarding symptoms, stress, clinical trials, and much more

Complete with firsthand stories from many of Dr. Chan's patients and an appendix of useful resources woman with a breast cancer diagnosis should know.

Breast Cancer Survivor's Fitness Plan

Carolyn M. Kaelin, MD McGraw-Hill
McGraw-Hill, New York, 2007, 252 pp

Post Treatment Advice and Guidance

The first Harvard doctor-approved workout book designed specifically for breast cancer survivors.

When you are going through cancer treatments, the last thing you feel like doing is exercising--but it can be the key to your well-being and ultimate survival.

In an encouraging, compassionate "I've been there" tone, Dr. Carolyn Kaelin offers a wealth of practical advice, proven techniques, and much-needed support. Working with experienced Reebok master trainers and breast cancer survivors Josie Gardiner and Joy Prouty, she created a complete program of easy-to-follow exercises that anyone can do at home--even beginners. These safe, simple routines improve your flexibility and balance, rebuild your muscle, shore up your bones, and enhance your appearance, vitality, and all-around health.

Breast Cancer Survival Manual

John Link
Owl Books, New York, 2000, 211pp

Diagnosis and Treatment

In a valuable guide for women who have just been diagnosed with breast cancer, Dr. John Link helps sort through the confusion and the fear, by explaining such things as how to get a second opinion and how to understand a pathology report. Particularly valuable is Link's step-by-step description of how breast cancer is characterized, or staged, according to tumor size, hormone receptors, and other factors--and how that affects prognosis. The book also includes useful chapters on diet, exercise, herbs, and vitamins; managing the side effects of treatment; healing's mind-body connection; and organizing medical records and keeping a personal journal or log.

Cancer As A Turning Point

Lawrence LeShane
Plume, New York, 1994, 272pp

Spirituality and Healing

Lawrence LeShane offers further advice for people dealing with cancer. Writing from an inspiring, holistic-oriented perspective, he says that the crisis of cancer offers many positive possibilities for the sufferer--healing, a new life, a peaceful death, the unlocking of inner resources, and the uncovering of hidden self-knowledge. He also gives practical counsel on dealing with hospital stays and practicing meditation, and discusses the human need for a meaningful death. The book teaches techniques that encourage cancer victims to fight the disease. Critical of doctors, nurses and other hospital personnel who regard the afflicted primarily as machines to repair, Le Shan urges patients to insist on their rights to humane and conscientious care.

The Cancer Dictionary

Roberta Altman and Michael J. Sarg

Facts on File; 2nd Rev edition, New York, 387pp

Current Medical Information

A comprehensive dictionary of all cancer and AIDS related topics. The appendixes consist of lists of comprehensive cancer centers by state and of national organizations on cancer and AIDS; contact information for these organizations includes URLs and e-mail addresses. Also included is a bibliography, which encompasses both professional and lay literature.

A Cancer Survivor's Almanac

Barbara Hoffman, JD

Wiley; 2nd edition , Hoboken, NJ, 1996, 320pp

Diagnosis and Treatment

A Cancer Survivor's Almanac: Charting Your Journey serves as a guide to help survivors, caregivers, families, and friends chart a survivorship journey. Written by the survivors and professionals who founded the cancer survivorship movement *A Cancer Survivor's Almanac* provides practical information on:

The latest information in medical diagnosis, treatment, pain control, and long-term and late effects of cancer treatment, health insurance, (how to find and keep it under the most current laws including the federal health reform law which takes effect in 1997), tips on how to find and work with the best doctors and hospitals, understanding the risks and benefits of unconventional treatments, how to win the battle against job discrimination, clear answers to legal and financial questions, how to cope with the personal and social impact of cancer, communicating with family and friends, including dealing with grief and loss

Cancer Vixen

Marisa Acocella Marchetto

Alfred A. Knopf, New York, 2006, 211pp

Survivor Stories

Acocella Marchetto, a cartoonist for *The New Yorker*, and *Glamour* magazines tell her Story of diagnosis, treatment, and survival in a hilarious graphic novel (cartoon). This is an extremely frank and funny look at one woman's struggles and triumphs. Some of the dialogue is a little coarse, but all in all it is a very uplifting journal.

The Complete Book of Breast Care

Niels H. Lauersen, MD PhD

Random House, New York , 1998,445pp

Diagnosis and Treatment

This book by noted obstetrician/gynecologist Lauersen and women's health and nutrition writer Stukane is intended to give the general reader comprehensive coverage of all aspects of breast care.

It emphasizes the importance of preventive health care, understanding normal changes in breasts from puberty on, and trusting one's instincts. The impact of exercise, diet, stress, pregnancy and environmental factors are considered, as are oral contraceptives and hormone replacement therapy. While minor breast problems are discussed, cancer gets the most attention. It explains various types of biopsies and the numerous surgical procedures now available. Breast cancer patients facing radiation therapy or chemotherapy will learn just what to expect; those opting for reconstruction will find the line drawings and photographs reassuring.

Comprehensive Cancer Care: Integrating Alternative, Complementary, and Conventional Therapies

James S. Gordon, MD and Sharon Curtin

HarperCollins Publishers, New York, 2001, 314pp

Diagnosis and Treatment

Based on a series of medical conferences exploring new approaches to cancer, this guide discusses a wide variety of cancer-fighting modalities. Gordon, a professor at Georgetown Univ. School of Medicine, and Curtin, an author encourage readers to consider unfamiliar ideas, form effective patient/doctor partnerships and adopt empowered, informed patient attitudes. The authors encourage integrating conventional and holistic treatments; acupuncture, diet and herbs, and meditation, among others. Its focus is on alternative cures, the often radical cancer-fighting tools only now being explored.

The Courage Muscle: A Chicken's Guide to Living with Breast Cancer

Monique Doyle Spencer

Chandler House Press, Worcester, MA, 2004, 206pp

Personal Accounts and Survivor Stories

Monique Doyle writes a terrific book to read if you or anyone you love is diagnosed with breast cancer. She writes in a upbeat, irreverent style. It is a hilarious trip, packed with good information about your diagnosis and what to expect. A great comfort.

Dancing with Fear: Tips and Wisdom from Breast Cancer Survivors

Leila Peltosaari

Tikka Books, Verdun, Québec, 2005 224pp

Personal Accounts and Survivor Stories, Spirituality and Healing

125 women share their real-life experience through treatments, recovery, aftermath, and reclaiming life after breast cancer. Of the book, Bev Parker, breast cancer survivor and Research Analyst, Y-ME National Breast Cancer Organization states "Opening the cover and beginning to read made me feel I was among friends."

Diagnosis: Cancer, your guide to the first months of healthy survivorship

Wendy Schlessel Harpham, MD

W. W. Norton & Company, New York, 2003, 262pp

Diagnosis and Treatment

When people are told they have cancer, thousands of questions begin to run through their minds, from "Why me?" to "What do I do?" Though not related exclusively to breast cancer, *Diagnosis: Cancer* should be of interest to patients, their friends, and families, as well as students and workers in health professions. The author's philosophy is that people do not choose to have cancer but can choose how to cope with it. The book covers the medical, emotional, and social issues associated with cancer. From biopsy to radiation, nutrition to surgery, she combines her knowledge as a doctor with her experience as a patient to pass on vital, practical, and necessary information to her audience. Of particular value are the glossary of medical terms, bibliography, resources list, and test explanations. Very highly recommended.

Dr. Susan Love's Breast Book

Susan M. Love, Karen Lindsey

Da Capo Lifelong Books, fourth edition Cambridge, MA , 2005, 620pp

Diagnosis and Treatment, Current Medical Information

Dr. Susan Love's Breast Book has been considered the bible of breast-care books since it appeared in 1990. Love presents medical information in a simple, welcoming style, and includes numerous illustrations make the information even clearer. About two-thirds of the book deals with breast cancer: risk factors, prevention, screening, diagnosis, staging, emotions, treatment options, surgery, alternative treatments, clinical trials, and more. But the book isn't just about breast cancer. It's also about breast development, physiology, bras, nursing, sexuality--if it has to do with breasts, Love discusses it. This is a highly readable book that educates, supports and encourages women to become their own advocates of breast health.

Essential Exercises for Breast Cancer Survivors

Amy Halverstadt and Andrea Leonard

Harvard Common Press, Boston, MA , 2000, 208pp

Post Treatment Advice and Guidance

Overcoming the aftereffects of breast cancer can be as difficult as hearing the original diagnosis. Exercise specialists and personal trainers Halverstadt and Leonard first discuss the physical effects of breast cancer surgery and treatment then offer stretches, warm-ups, and 90-plus exercises to improve/regain range of motion and increase strength of the affected arm. Their plan is intended to improve one's overall well-being through better posture, improved lymphatic flow, weight management, and cardiovascular health through aerobics. This book will help anyone regain strength after breast surgery. The exercises are divided by level of difficulty. They are clearly explained with text and many, easy-to-follow pictures. The authors include tips to cover all the different kinds of breast cancer surgery.

This book would be a very good guide for the beginner as well as someone who was exercising regularly before surgery

Everyone's Guide to Cancer Therapy

Malin Dollinger, Margaret Tempero, Ernest Rosenbaum, and Sean Mulvihill
Andrews McMeel Publishing, Riverside, NJ, 2000, 925pp

Current Medical Information

In Everyone's Guide to Cancer Therapy, readers will learn the latest theories and practical information available in cancer treatment. Written in easy-to-understand text with instructive illustrations, the book outlines everything from getting second opinions to the role of sleep to what's available on the Internet. The editors have built their careers in cancer research and treatment, teaching and taking care of cancer patients. They also rely on assistance from a 140-member board of medical advisers and contributing authors who are top specialists in all fields of cancer research and treatment. Everyone's Guide to Cancer Therapy is a must-have volume for everyone who has cancer or cares about someone who does.

The Good Fight

Donna Hicken

Closet Books, Jacksonville, FL, 2003

Survivor Stories

Donna Hicken is a Jacksonville, Florida native. She was raised on Jacksonville's Southside and graduated from Bishop Kenny High School. Donna's book is now available detailing her second bout with cancer and her on-line journal. It's called "The Good Fight". It's an exciting development because 100% of the net proceeds from the book will benefit The Donna Hicken Foundation which helps women meet their financial obligations while being treated for breast cancer. The book chronicles not only her fight, but those of the many survivors and supporters who helped her along the path.

How to Help Children Through a Parent's Serious Illness

Kathleen McCue and Ron Bonn

St. Martin's Press, New York, 1994, 220pp

Help for Family Members

This practical handbook prepares parents to address children's fears with absolute honesty and profound empathy. An eloquent, and compassionate guide, written with enduring respect for the wisdom and strength of children. Richard Thompson, Ph.D., past president of the Child Life Council, writes: "I loved the book. It takes difficult concepts about a difficult subject and presents them humanely and with clarity."

Living Beyond Breast Cancer: A Survivor's Guide

Marisa Weiss and Ellen Weiss

Three Rivers Press, New York, 1998, 526pp

Diagnosis and Treatment, Medical Information

"Breast cancer is never completely over," says author Marisa C. Weiss, M.D., a radiation oncologist. Even when x-rays are negative and doctors proclaim remission, breast-cancer survivors often suffer from continued health problems along with elevated levels of anxiety, and the specter of recurrence is just a small part of the picture. This book is endorsed by former Surgeon General C. Everett Koop, it compassionately maps out a guide for going back to a "normal" life. Topics include handling fears of recurrence and worries that family members will develop breast cancer and for managing physical post treatment problems, including the lingering side effects of radiation, fertility difficulties, changes in sex drive, and feelings of unattractiveness. It is also a superb reference for emotional issues, from depression and generalized anxiety to insecurities about reentering the job market and revealing the cancer experience to coworkers. Weiss includes many quotes from breast-cancer survivors, so readers know they're not alone. The extensive resources and excellent index add to this book's immense helpfulness.

Living Through Breast Cancer

Carolyn M. Kaelin

McGraw-Hill, New York, 2005, 370pp

Diagnosis and Treatment, Current Medical Information

This is a helpful book that will inform patients and their families, giving them a firm grasp on both the medical and emotional aspects of breast cancer. Carolyn M. Kaelin, M.D., M.P.H., FACS, is the director of the Comprehensive Breast Health Center at Brigham and Women's Hospital, a surgical oncologist at Dana Farber Cancer Institute, and an assistant professor of surgery at Harvard Medical School; she is also a breast cancer survivor. In *Living Through Breast Cancer* she draws upon her experiences as both doctor and patient to offer you a priceless source of understanding, support, and guidance on coping with and beating breast cancer. In plain language, she demystifies breast cancer and explains the latest medical knowledge about the disease, its treatment, and its aftermath.

Making Informed Medical Decisions

Nancy Oster, Lucy Thomas, and Darol Joseff, MD

Patient Centered Guides, Sebastopol, CA, 2000 365pp

Current Medical Information

Nancy Oster (a medical writer), Lucy Thomas (a medical librarian), and Dr. Darol Joseff (a physician) teach an adult-education course on finding health-related information on the Internet, and this book arose from their students' requests for more in-depth techniques and strategies about their own medical mysteries. The authors recommend that the search for a medical solution begin and end with a doctor--someone who can offer a diagnosis, and then help you sort out the

information you find on your own. Nowadays it seems a foregone conclusion that you'll head to the Internet for information. "The Internet, however, has no central catalog and no review or oversight process to control the quality of information you'll find," the authors note. Although the tips on searching the Internet and medical libraries are the highlights of *Making Informed Medical Decisions*, the authors also include vital information regarding your rights as a patient, interpreting health statistics, and seeking alternative therapies.

Our Mom has Cancer

by Adrienne Ackermann and Abigail Ackermann
American Cancer Society, Atlanta, GA, 2001, 64pp

Help for Family Members

When two sisters, ages 11 and 13, found out that their mom had cancer they could not find any books that explained what might happen to their mother and what they might expect, so they decided to write one themselves. The girls describe what it was like for them when their mother was diagnosed with breast cancer and underwent surgery and chemotherapy.

100 Questions and Answers about Cancer Symptoms and Side Effects

Joanne Frankel Kelvin, Leslie B. Tyson
Jones & Bartlett Publishers, Boston, 2005, 220pp

Current Medical Information

Whether you're a newly diagnosed cancer patient, a survivor, or a friend or relative of either, this book offers help.

The book includes comments from actual cancer patients, provides invaluable information on the best treatment for relieving pain, nausea, fatigue, anemia, skin problems, the value of complementary and alternative medicine, and much more. Written by cancer care professionals and patients, this book is a unique resource for anyone coping with the physical and emotional turmoil of cancer.

100 Questions and Answers about Caring for Friends or Family with Cancer

Susannah L. Rose, Richard T. Hara
Jones & Bartlett Publishers, Boston, 2005, 223pp

Current Medical Information

Written by two professional cancer social workers whose day-to-day work with patients at Memorial Sloan-Kettering Cancer Center makes them experts in the field, this book gives you the information you need to assist family and friends dealing with the health and emotional problems of cancer. In easy to read compassionate language, the authors provide answers to common caregivers' questions about finding the right doctor and treatment, emotional and physical support, insurance issues, relationships, finding care for the caregiver, and much more.

Sexuality and Fertility After Cancer

Leslie R. Schover, PhD

Wiley, Hoboken, NJ, 1997, 288pp

Current Medical Information, Post Treatment Advice and Guidance

Though close to ten years old, this book still offers unique advice to cancer survivors as they discover their potential for renewed sexuality. In this comprehensive book, the Dr. Schover explains your options and gives you the accurate, information you need to take advantage of newer techniques. This guide covers:

- The kinds of sexual problems both men and women are likely to face after treatment —and state-of-the-art solutions
- The most effective infertility treatments
- How to assess the risks of pregnancy
- The latest information on body image, low sex drive, performance anxieties, medications, sex aids, and reconstructive surgery
- Special topics such as sex after breast or prostate cancer, and the specific problems facing gays, singles, and survivors of childhood cancers.

Silver Linings, The Other Side of Cancer

Shirley M. Gullo, Elaine Glass

Oncology Nursing Press Inc.; 1997, 244pp

Spirituality and Healing

Through essays, poems, and artwork, Silver Linings details the stories of individuals affected by cancer and offers comfort, strength, and inspiration to those currently suffering from the disease. Regardless of the prognosis, to know cancer is to come face to face with uncertainty. Assumptions about a long and uncomplicated life are suddenly shattered. Most find their world turned upside down. At first it may be hard to believe that any good or positive experiences could come from having cancer. Yet even in the most difficult of circumstances, the human spirit prevails. Stripped to the essentials, cancer helps each of us examine our priorities and reconnect with what is meaningful. Life becomes precious, and time becomes cherished in ways it never was before.

Surviving Cancer Emotionally: Learning How to Heal

Roger Granet, MD

Wiley, Hoboken, NJ, 2001, 225pp

Spirituality and Healing

Roger Granet, a consulting psychiatrist at Memorial Sloan-Kettering, provides a wealth of information about many types of cancers and treatments. His central focus is the emotional toll of all aspects of the disease and the importance of seeking support from the many available resources to cope successfully. Granet insists that a patient's emotional well-being improves his/her quality of life. In order to maintain emotional health, he recommends strategies for coping after diagnosis, and during and after treatment. He addresses the fear of recurrence and of death. Since the needs and preferences of cancer patients differ, he recommends a variety of workable techniques, based on compelling case histories, such as counseling, participation in support groups and a renewed

reliance on care taking by friends and family. He also believes that all patients benefit from acknowledging their difficult emotions rather than blurring them with alcohol or drugs. He advocates pain medication as an important tool when appropriate. Noting that cancer survivors often gain deeper spiritual values and emotional maturity, the author sees the possibility of strength and grace where people often expect humiliation and dysfunction

Understanding Lumpectomy A Treatment Guide for Breast Cancer

Rosalind Benedet

Addicus Books, Omaha, NE, 2004, 159pp

Diagnosis and Treatment, Current Medical Information

Approximately 44% of women with breast cancer treat it with a lumpectomy and radiation therapy. The medical advice in this resource answers many of the questions these women and their families' face in treatment choices. The text covers how breast cancer is diagnosed and staged, understanding when lumpectomy is an option, how the procedure is performed, how radiation therapy works and what to expect, exercises to regain arm mobility, and more.

Uplift: Secretes from the Sisterhood of Breast Cancer Survivors

Barbara Delinsky

Washington Square Press, New York, 2000, 336pp

Personal Accounts and Survivor Stories

A book as uplifting as the disease it discusses is tragic, *Uplift* is an inspiring collection of voices of breast cancer survivors. Barbara Delinsky, author of *The Woman Next Door* and other novels, and herself a survivor of breast cancer, presents inspirational snippets from more than 300 women sharing breast cancer tips and experiences. Reading this book is like listening to the friendly hubbub of a crowd of women all offering advice and comments. They share practical tips about comfortable clothing after mastectomy, treatments for radiation burns, nausea remedies, wigs, advice for friends, and more. They share stories of supportive husbands, boyfriends, and family members who continue to love them. "I will love you till the day I die, whether you have one breast or none," says one husband. "Breasts don't laugh, smile, share brilliance, or give kindness," says another man. Every experience is positive and supportive, but not gushy. The humor chapter will make you laugh aloud

The Victoria 's Secret Catalog Never Stops Coming and Other Lessons I Learned from Breast Cancer

Jennie Nash

Plume, New York, 2000, 160pp

Personal Accounts and Survivor Stories

Nash shares every step of her experience with breast cancer, from the first mammogram to the final reconstructive surgery, in a series of "lessons" that divide chapters into stories that are equally meaningful to survivors and their friends and families. This honest account of a young mother who survived breast cancer will be helpful to others in the same situation.

When A Parent Has Cancer

Wendy Schlessel Harpham, MD

Harper, New York, 1997, 160pp

Help for Family Members

A parent's cancer is a family crisis. Children will adapt if their physical and emotional needs are met, if they understand what is happening, and if they know that they will be cared for no matter what happens. Basing her efforts on those three perceptions and drawing on her expertise as a physician and her experience as a person with cancer, Harpham provides practical advice on caring for children of all ages during diagnosis and treatment and helpful insights for helping them cope with grief, loss, uncertainty, and fear of death. She accompanies her guidance for parents with a story for children--"Becky and the Worry Cup" --that illustrates the concerns kids have and how parents can help them cope. Both the guidebook and the story are sympathetic, sensitive to intense emotions, and, above all, empowering to parents and children facing the significant changes life-threatening illness demands of a family.

Why I Wore Lipstick to My Mastectomy

Geralyn Lucas

St. Martin's Griffin, New York, 2000, 208pp

Personal Accounts and Survivor Stories

A surprising coming of age journey by a young woman who used her own adversity as a platform for examining issues all young women face. Having finished journalism school and landed her dream job at age 27, the last thing Geralyn Lucas expects to hear is a breast cancer diagnosis. She decides to go public with her disease despite fears about the backlash at work, and her bold choices in treatment are irreverent and uplifting. Geralyn recovers from her mastectomy and chemo and has a baby in the same hospital where she was treated for cancer. Virtually nothing has been written for women of a young age who have been diagnosed with breast cancer. This book also deals with the broader issue of self-acceptance that anyone grappling with questions of illness, self-image and sexuality can identify with.

Women and Cancer

Carolyn D. Runowicz, Jeanne A. Petrek, Ted S. Gansler

Rodale Press, New York, 2000, 278pp

Diagnosis and Treatment, Current Medical Information

From the American Cancer Society, breast, cervical, endometrial, and ovarian cancers are the four most common cancers among women, with over 254,000 newly diagnosed cases in 1998. This book contains the most up-to-date information about these related diseases, from step-by-step advice about what to do when confronted with a diagnosis of one of these cancers to the latest medical facts, treatments, and procedures. Women and Cancer provides patients with the latest information about the risks and benefits of new drug therapies, radiation,

and surgical procedures. But, most important, this book approaches the topic from the patient's perspective, providing psychological and emotional support throughout. Comprehensive and compassionate, with patient stories and anecdotes women will relate to and feel comfortable with, *Women and Cancer* addresses the full range of issues that women cancer patients and their families may face.

Women's Cancers

Kerry A. McGinn, Pamela J. Haylock

1998, 491pp

Diagnosis and Treatment, Current Medical Information

This book provides a wide range of information about cancers that affect women. It is a good introduction to cancer in general and to the specific kinds of cancer that are most common in women. The authors go beyond what one might think of as "women's cancers" (such as breast cancer and gynecologic cancers) to cover the other leading cancers that strike and kill women, such as lung and colorectal cancer. The authors are two oncology nurses who have also had personal experience with cancer. The book includes first-person accounts interspersed with other material, clear illustrations, and other reader-friendly ways of presenting information. It includes a glossary, bibliography (by chapter), a list of resources, and an index.

Working with Your Doctor: Getting the Healthcare You Deserve

Nancy Keene

O'Reilly Media, Sebastopol, CA, 1998, 357pp

Diagnosis and Treatment, Current Medical Information

Getting the best healthcare in today's world requires that you participate in the process. *Working with Your Doctor: Getting the Healthcare You Deserve* will help you to be your own advocate, to get the very best in healthcare, and to have the best possible relationship with your doctors. It will show you how to become an assertive, but understanding, medical care consumer.

Topics include:

- Finding the right doctor
- Communication and mutual decision-making
- Rights and responsibilities of the physician and patient
- Problem solving and handling conflict
- Questions to ask about tests, drugs, and surgery
- Researching medical literature and talking with your doctor about what you find
- Options for taking action if you've been wronged

The Year My Mother Was Bald

Ann Speltz and Kate Sternberg

Magination Press, Washington, DC, 2000, 64pp

Help for Family Members

A fictional story about family experiences while the mother undergoes cancer treatment. Written from the child's perspective, the text attempts to take away much of the mystery and fear surrounding cancer and its treatment. Emphasis is

placed on the feelings of the child and how the family bonds together. Clare, the daughter keeps a journal that describes the medical treatments her mother undergoes for breast cancer, her family's experiences, and her own feelings and concerns. Includes a list of resources

You Are Never Alone: Prayers and Meditations to Sustain You Through Breast Cancer

Maureen Murray

Oncology Nursing Society

2000 182pp

Spirituality and Healing

Whether in the middle of the night, the midst of treatment, or midway through a busy day, you are never alone. *Prayers and Meditations to Sustain You Through Breast Cancer* offers the breast cancer patient a selection of encouraging and relevant prayers, soothing meditations, and valuable resources on support and prayer groups. A survivor of breast cancer, Maureen Murray sees *You Are Never Alone* as a heartfelt mission, and a source for enlightenment, fellowship, and strength for breast cancer patients. Murray is also a professional speaker, trainer, and coach. A contributor to the *Chicken Soup for the Soul* series, Maureen is the co-author of *Exceptional Accomplishment*.