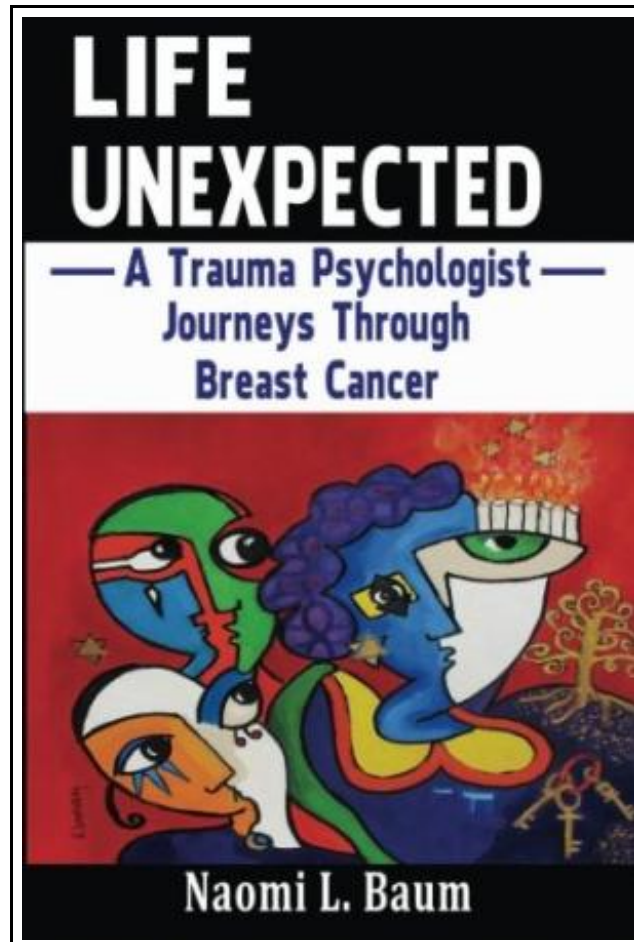


Life Unexpected: A Trauma Psychologist Journeys Through Breast Cancer



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Reviews

A fresh eBook with an all new standpoint. It is actually written in simple words and phrases instead of difficult to understand. You won't sense monotony at any moment of your own time (that's what catalogs are for relating to if you question me).

(Dr. Marcel Collins)

LIFE UNEXPECTED: A TRAUMA PSYCHOLOGIST JOURNEYS THROUGH BREAST CANCER



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. You have breast cancer! A bolt from the blue shook Naomi L. Baum's well-ordered world in 2011. Three years later, healthy and strong, internationally recognized trauma/resilience expert, Dr. Baum shares her journey and the practical wisdom gained through difficult personal experience, beginning with diagnosis and moving through surgery, chemo and radiation. If you or someone close to you has been diagnosed with breast cancer, learn what you can do to help yourself and your loved ones as you travel together along this life-changing road. Behind the front cover: How to talk about your cancer? Mastectomy vs. lumpectomy? Negotiating chemo Wig or scarf? Fears Working during treatment How to take a vacation from cancer Spirituality Complementary medicine Guided imagery Naomi Baum is a generous and intimate guide to the complex feelings and complicated choices that women face on their journey through and beyond breast cancer. Her very practical, scientifically grounded, advice-for choosing professional healing partners, engaging family and friends, using complementary therapies, and much else-is invaluable. And she helps all of us to learn from even the most difficult, and, yes, unexpected challenges that life may bring us. James S. Gordon, MD, is the author of *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*, and former Chair of the White House Commission on Complementary and Alternative Medicine Policy.



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