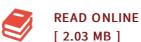




The Cancer Survivor's Companion: Practical Ways to Cope with Your Feelings After Cancer

By Frances Goodhart, Lucy Atkins

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Cancer Survivor's Companion: Practical Ways to Cope with Your Feelings After Cancer, Frances Goodhart, Lucy Atkins, WINNER OF THE BEST HEALTH BOOK CATEGORY IN THE GUILD OF HEALTH WRITERS HEALTH WRITING AWARDS 2012 HIGHLY COMMENDED IN THE POPULAR MEDICINE CATEGORY AT THE BMA MEDICAL BOOK AWARDS 2012 Coping with life after cancer can be tough. The idea that the end of successful treatment brings relief and peace just isn't true for countless survivors. Many feel unexpectedly alone, worried and adrift. You're supposed to be getting your life 'back on track' but your life has changed. You have changed. With reassurance and understanding, Dr Frances Goodhart and Lucy Atkins help readers deal with the emotional fallout of cancer whether it's days, months or years since the treatment ended. Drawing on Dr Goodhart's extensive experience working in the NHS with cancer survivors, this guide is packed with practical and simple self-help tools to tackle issues such as worry and anxiety, depression and low mood, anger, low selfesteem and body image, relationships and sex, fatigue, sleep and relaxation. If you are a cancer survivor, this book will support you every step of...



Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting through reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar