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Life Unexpected: A Trauma Psychologist Journeys Through Breast Cancer

By Naomi L Baum

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...



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