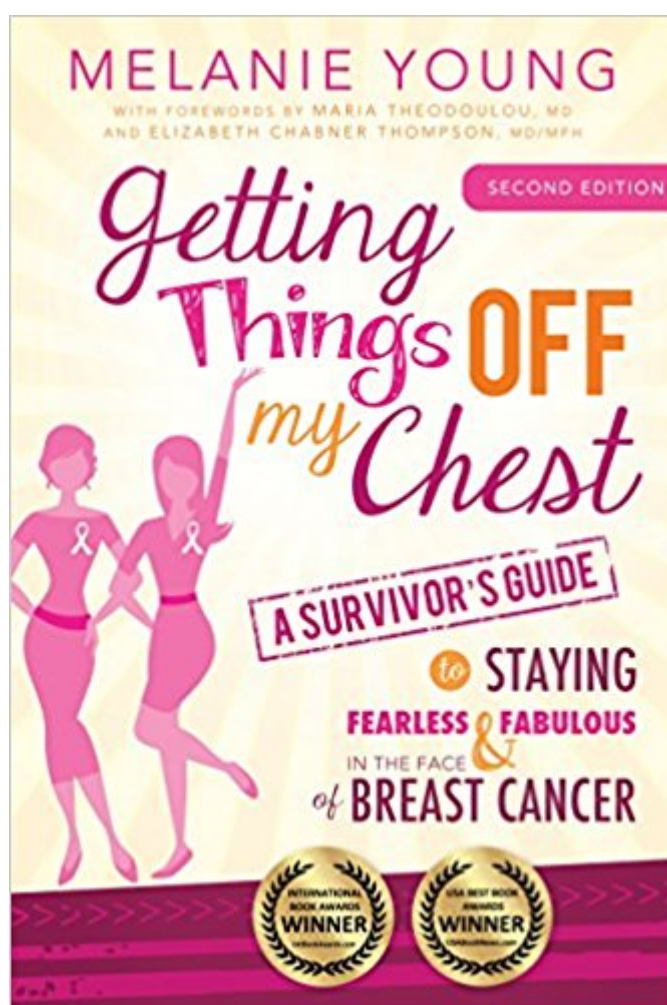


The book was found

Getting Things Off My Chest: A Survivor's Guide To Staying Fearless And Fabulous In The Face Of Breast Cancer



Synopsis

Charge head on into the battle with breast cancer, armed with these outstanding survivors' tips on how to stay sane, focused, and in charge. Written by a breast cancer survivor with expert insights, handy checklists and helpful questions to ask your doctors, all geared toward streamlining your new life. This detailed, upbeat book helps you make informed decisions, eat and exercise to stay strong, look and feel your best, eliminate stress and boost your spirits with positive thinking and a dose of humor. Don't let your cancer control you; empower yourself and ease the transition with this all-inclusive guide. This book is WINNER of the 2014 International Book Award for Cancer Health topics. "You may not have chosen to have cancer, but you can choose how you manage your treatment and treat yourself to stay strong, focused and healthy moving forward."

Book Information

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Customer Reviews

Library Journal Review: Sept 2013 Owner of a wine and food marketing and special events business, Young was diagnosed with breast cancer in 2009. She employs her skills as a traveler (studying guidebooks), event planner (making lists), businesswoman (noting the bottom line), and a human being (knowing when to be strong and when to ask for help), along with a healthy dose of humor, to cover the steps involved in approaching the disease and creating a plan to get through it. Lots of details and solid advice. Literary R&R November 3, 2013 If you know anyone that is facing breast cancer, run, do not walk, and purchase this for them! Written by a survivor, using other survivors' experience, and a healthy dose of humor, Ms. Young has written THE go-to book for breast cancer awareness. Anything, and everything, a patient needs to know is inside, and written in

the shame and fear out of the diagnosis. My message is: "While you did not choose to have cancer, you have many choices on how you want to be treated how to treat yourself."

A very thorough and well written how-to guide for dealing with breast cancer. This book is a must read for anyone diagnosed with this awful disease -- as well as for caregivers. Melanie Young gives the reader a terrific document to work from. It answers many questions, and arms the reader with the type of necessary information that will be vital for them as they move forward.

This book helped me so much!! I bought 5 and donated to my breast navigator. She is going to contact author and get more!!

Purchased for my friend going through chemo for breast cancer! She loved it; she related to most but not all. It was very helpful!!!

This book is wonderfully written. Insightful, funny and informative, it speaks to fighters, survivors and those of us who support and love them. Young shares important information with wit and grace while also giving full coverage to the proverbial things "that no one tells you". She gives hope in a very dark time and with her brave and sassy tone, paints a hopeful picture of a woman who not only survived but thrives.

Great book!! Helps you navigate when diagnosed with breast cancer. I must for all breast cancer patients.

Inspiring book with lots of helpful information.

most read and perfect book for a friend that is going through Breast Cancer.Thank you!

This book was a godsend for my wife and I during a very trying time, right before her double mastectomy. It was both highly informative and very comforting. It covered all the bases, answered just about all our questions, and resonated with everything we were feeling--the fears and insecurities. Highly recommended for anyone dealing with this life and death and quality of life challenge.

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Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer)
Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer)
Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention)
Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention)
Alternative Cancer Therapies (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) (Alternative Medicine Book 1)
Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,)
Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1)
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Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth)
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