

# Writing My Way Through Cancer

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## **A Journey Through Cancer** - Melanie Bone 2003

Cancer patients, as well as their friends and families, will richly benefit from the spiritual, professional and personal guidance offered in this remarkable book.

## Songs from a Lead-Lined Room - Suzanne Strempek Shea 2003-04-15

Songs from a Lead-Lined Room is a unique and remarkable book rooted in truth and raw experience, and the first memoir to focus on the personal experience of radiation treatment. As with Shea's best-selling fiction, her sharp and insightful wit and her reporter's eye for the most telling and sometimes quirky details inform every page. She shares what she learns about the process of her treatment, her bouts of despair, indignity, and fear, as well as the faux pas, the innocent blunders, and the compassion and caring of her family, friends, and fellow patients

## Fighting My Way Through Breast Cancer With Poetry - Diana Ballinger 2009-05

When Diana Ballinger was diagnosed with breast cancer, she had no idea what lay ahead. The surgery, crippling side-effects of chemo and radiation, and the emotions that threatened to boil over pushed her to write for her life. This mother and wife feared she couldn't fight cancer and fulfill her family and work responsibilities. She dealt with the disfigurement, loss of employment and the travails of insurance by writing poetry. Ballinger knew she was more than her breast cancer. She wanted her daughter to have a normal life while she underwent treatment and she was determined to make that happen. What she didn't expect, is

how much her daughter would help her.

"Fighting My Way Through Breast Cancer With Poetry" takes the reader step by step through her journey. It is her first book. Ballinger lives in California with her husband, Dick and her 16 yr. old daughter, Ashley, and celebrated her 1 yr. anniversary as a survivor in Feb. 2009.

## **The Cancer Survivor's Companion** - Lucy Atkins 2011-06-02

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 self-esteem and body image, relationships and sex, fatigue, sleep and relaxation. If you are a cancer survivor, this book will support you every step of the way. If you are supporting a loved one, friend, colleague or your patient, this is a vital read.

## My Way - Dee Mani 2018-01-31

Being diagnosed with cancer is perhaps one of the worst things anyone has to deal with, as soon as you hear the word "cancer" you automatically think it's a death sentence, however it doesn't need to be and it should never have to be. Our bodies are amazing mechanisms which can self heal without the need for the toxicity of chemotherapy and/or radiotherapy that are used in conventional medicine. Here is my personal story of how I kicked cancer's ass in 5 months completely naturally. Going against doctor's orders and treating myself "my way", using a combination of diet change, supplements, a positive mental attitude and most importantly cannabis oil. I also detail why I have lost faith in the medical profession, the real reason why cannabis is still illegal and the main causes of cancer.

Between Two Kingdoms - Suleika Jaouad  
2022-03-01

NEW YORK TIMES BESTSELLER • A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into "normal" life—from the author of the *Life, Interrupted* column in *The New York Times* ONE OF THE BEST BOOKS OF THE YEAR: *The New York Times* Book Review, *The Washington Post*, *Bloomberg*, *The Rumpus*, *She Reads*, *Library Journal*, *Booklist* • "I was immersed for the whole ride and would follow Jaouad anywhere. . . . Her writing restores the moon, lights the way as we learn to endure the unknown."—Chanel Miller, *The New York Times* Book Review "Beautifully crafted . . . affecting . . . a transformative read . . . Jaouad's insights about the self, connectedness, uncertainty and time speak to all of us."—*The Washington Post* In the summer after graduating from college, Suleika Jaouad was preparing, as they say in commencement speeches, to enter "the real world." She had fallen in love and moved to Paris to pursue her dream of becoming a war correspondent. The real world she found, however, would take her into a very different kind of conflict zone. It started with an itch—first on her feet, then up her legs, like a thousand invisible mosquito bites. Next came the exhaustion, and the six-hour naps that only deepened her fatigue. Then a trip to the doctor and, a few weeks shy of her twenty-third

birthday, a diagnosis: leukemia, with a 35 percent chance of survival. Just like that, the life she had imagined for herself had gone up in flames. By the time Jaouad flew home to New York, she had lost her job, her apartment, and her independence. She would spend much of the next four years in a hospital bed, fighting for her life and chronicling the saga in a column for *The New York Times*. When Jaouad finally walked out of the cancer ward—after countless rounds of chemo, a clinical trial, and a bone marrow transplant—she was, according to the doctors, cured. But as she would soon learn, a cure is not where the work of healing ends; it's where it begins. She had spent the past 1,500 days in desperate pursuit of one goal—to survive. And now that she'd done so, she realized that she had no idea how to live. How would she reenter the world and live again? How could she reclaim what had been lost? Jaouad embarked—with her new best friend, Oscar, a scruffy terrier mutt—on a 100-day, 15,000-mile road trip across the country. She set out to meet some of the strangers who had written to her during her years in the hospital: a teenage girl in Florida also recovering from cancer; a teacher in California grieving the death of her son; a death-row inmate in Texas who'd spent his own years confined to a room. What she learned on this trip is that the divide between sick and well is porous, that the vast majority of us will travel back and forth between these realms throughout our lives. *Between Two Kingdoms* is a profound chronicle of survivorship and a fierce, tender, and inspiring exploration of what it means to begin again.

**Chicken Soup for the Soul: The Cancer Book**  
- Jack Canfield 2011-02-22

*Chicken Soup for the Soul: The Cancer Book* delivers 101 powerful stories of courage, hope, support, and love to help cancer patients and their families. A bonus memoir by a cancer patient bound in, with intimate and helpful words of advice. A support group you can hold in your hand, this loving and inspirational collection of intimate stories, by cancer patients and their loved ones, medical professionals, clergy and friends, is a must-read for anyone affected by cancer. Writers share all their experiences - from the initial diagnosis, to breaking the news to loved ones, to discussing

the effect on home, school and work, from securing a medical team to living through an ever changing self-image, from the embarrassment of losing hair to discovering a new spirituality. A bonus book, a no-holds-barred memoir by cancer patient Elizabeth Bayer, is bound into this volume, after the full-length *Chicken Soup for the Soul* book.

**Strength Renewed** - Shirley Corder 2012-10

A registered nurse and breast cancer survivor offers comfort and hope to women with breast cancer through this inspiring devotional.

**Writing Works** - Gillie Bolton 2006

Writing Works is a guide for writers or therapists working with groups or individuals and is full of practical advice on everything from the equipment needed to run a session to ideas for themes, all backed up by the theory that underpins the methods explained. Practitioners contribute detailed accounts of organizing writing workshops for clients.

**50 Days of Hope** - Lynn Eib 2012-05-18

You've just heard a diagnosis that shakes your world: It's cancer. And what you long for most is the hope that everything will be okay. You are not alone. As a longtime cancer survivor, Lynn Eib knows firsthand how that feels. And as a patient advocate helping thousands facing cancer, she also knows what gives people hope. In *50 Days of Hope*, Lynn shares amazing, true stories of those who have been in your shoes and discovered that when God and cancer meet, hope is never far away. Whether you're a cancer patient or walking with a loved one on a cancer journey, you'll find *50 Days of Hope* packed with the daily dose of encouragement you need.

***Daddy's Briefcase*** - Ashley Murphy 2010-12

**My Journey With Cancer** - Jane Medved  
2020-07-19

This memoir talks about all of the horror that my family and I had experienced with my grandfather since he was diagnosed with cancer. This is an inspiring story of how I got through challenges in my life. It shows to readers that anyone could get through traumatic experiences and make the best of it no matter what happens.

**A Pathway to Healing** - Margaret Towner  
2021-09-10

*A Pathway to Healing: An Anthology of Poetry and Prose* is a collection of expressive writing

and art by participants in the workshop entitled *Writing Through the Cancer Journey*, at MemorialCare Todd Cancer Institute (TCI), Long Beach Memorial Medical Center. The eight-week session, held three times a year, offers ways for participants to explore and share their thoughts and emotions concerning diagnosis, treatment, and healing. Literary forms and prompts are introduced, along with mindfulness meditation and articles about wellbeing and creative expression, for attendees to respond to their grave and unpredictable illnesses. As a group, they explore their deepest joys and worries about their personal journeys as they practice expressive writing in a safe and supportive environment. *Writing Through the Cancer Journey* has been offered by Margaret Towner since 2015. Facilitating workshops in wellbeing and education for years, she has a wealth of experience along with her own insights as a cancer survivor and published writer. Recent research has shown that expressive writing is helpful in reducing stress and anxiety, ameliorating physical symptoms, and strengthening the possibility of recovery and well-being. Backed by these findings, Margaret is a firm believer that creative expression, and in particular writing, can help patients turn toward resilience, tranquility, and potential healing. Expressive writing is supported by Mariusz Wirga M.D., Medical Director of Psychosocial Oncology at TCI. His programs, *Beat the Odds* and *Boost the Odds*, offer patients pathways toward physical and emotional well-being. *Writing Through the Cancer Journey* uses expressive writing as an additional pathway of support for patients. During the workshop, the idea evolved to publish a book to share writing with a broader audience. The courageous contributors to this book have been participants in all these programs, and in the writing workshop they have found ways to express their rich insights about themselves in literary forms such as haiku, free verse, journaling, and storytelling. The selections in this book include writings about diagnosis, treatment, living with uncertainty, finding simple pleasures, resilience, life's vital activities, and love, along with the participants' own visual art.

**Reading and Writing Cancer: How Words Heal** - Susan Gubar 2016-05-17

An important addition to the literature of cancer by an award-winning scholar and memoirist. Elaborating upon her "Living with Cancer" column in the New York Times, Susan Gubar helps patients, caregivers, and the specialists who seek to serve them. In a book both enlightening and practical, she describes how the activities of reading and writing can right some of cancer's wrongs. To stimulate the writing process, she proposes specific exercises, prompts, and models. In discussions of the diary of Fanny Burney, the stories of Leo Tolstoy and Alice Munro, numerous memoirs, novels, paintings, photographs, and blogs, Gubar shows how readers can learn from art that deepens our comprehension of what it means to live or die with the disease. From a writer whose own memoir, *Memoir of a Debulked Woman: Enduring Ovarian Cancer*, was described by the New York Times Book Review as "moving and instructive...and incredibly brave," this volume opens a path to healing.

*Bald Is Better with Earrings* - Andrea Hutton  
2015-07-07

The breast cancer guide every woman needs for herself, her best friend, and her sister—a warm, practical, relatable handbook, that dispels the terror, taking you step-by-step through the process, from diagnosis to post-treatment. When Andrea Hutton was diagnosed with breast cancer, she wanted to know everything. She voraciously read books, articles, and websites and talked to everyone she knew. But nothing prepared her for what the surgery, chemotherapy, and radiation would feel like. Were there tricks that could ease her pain and discomfort? What was "fatigue" and how would it affect her? At what exact moment would her hair fall out and how? Hutton wanted what she could not find: a clear how-to guide for the cancer girl she had become. *Bald Is Better with Earrings* is Hutton's answer for women diagnosed with breast cancer: a straightforward handbook, leavened with humor and inspiration, to shepherd them through the experience. Warm and down-to-earth, Hutton explains what to expect and walks you through this intense and emotional process: tests, surgery, chemo, losing your hair and shaving your head, being bald, radiation treatments. Hutton offers a wealth of invaluable advice—from tricks for surviving

chemo, to treating your skin during radiation, to keeping track of meds—and includes a practical list of tips for each stage of the process at the end of every chapter. Compassionate, friendly, and shaped by Hutton's first-hand knowledge, *Bald Is Better with Earrings* is the comprehensive, essential companion for anyone dealing with breast cancer.

**The Bright Hour** - Nina Riggs 2017-06-06  
"Built on her ... Modern Love column, 'When a Couch is More Than a Couch' (9/23/2016), a ... memoir of living meaningfully with 'death in the room' by the 38-year-old great-great-great granddaughter of Ralph Waldo Emerson--mother to two young boys, wife of 16 years--after her terminal cancer diagnosis"--

*Hope for the Journey Through Cancer* - Yvonne Ortega 2007

Cancer touches nearly everyone, whether firsthand or through the life of a loved one. Counselor and teacher Yvonne Ortega discovered this when she was diagnosed with breast cancer and began her journey to recovery. In *Hope for the Journey through Cancer*, she shares with readers her personal triumphs and setbacks with humor and refreshing candor, always reminding us of God's desire to meet us exactly where we are. These sixty devotions are divided into sections--diagnosis, surgery, treatment, and recovery--each incorporating Scripture into daily life. Ortega's attention to even the most basic hopes and fears that a cancer patient faces each day offers encouragement that can come only from one who has been there herself.

*My Left Breast* - Mary Bickerstaff 2015-02-26  
She felt the ground shake beneath her as she learned of her diagnosis. Cancer had come knocking at her door. She chose to journal this great intruder. Putting one foot in front of the other, she came to know the healing in the universe. This mammoir chronicles a journey of healing. How precious is her left breast. She shares intimate details of medical interventions to save this beautiful little piece of herself that meant so much to her. She became vulnerable and strong at the same time. And now she chooses to invite others into her labyrinth to travel into the sacred center where she met Christ. Silence, meditation, prayer, Reiki, nature, birds, bees, music, and sacred mountains

all enfolded her and kept her from falling. But more than these, the many angels who walked this journey with her were the truest gifts, bearers of a sweet, healing balm. She continues on the way of the labyrinth. Healing is embracing what she fears most and opening to what has been closed. As she moves about the earth, she learns to trust life and believes that her suffering may heal others. Arent we all bound together by the healing in the universe? She is not afraid of the future. She loves the Lord and knows that the Lord will rescue her, answer her, protect her, be with her in trouble, deliver her, and show her salvation. Others may know this too. Each will have their own story to tell; each will be different, like a snowflake.

**Exits** - Myra Schneider 1994

Myra Schneider's poems are typically low key but rich with delays. And often these delays are really arrivals, intricately discovered, alight all over the room. She's not merely promising: she has herself arrived, and delivers. - Les Murray

**My Battles with Cancer** - Cheds 2020-05-29

When you or someone you love is diagnosed with cancer it feels like your whole world is falling apart. Not knowing what will happen next is terrifying, and that is the main reason I wrote this book, hoping that my experience could help others. The first title of this book was, "My body is weak but my mind is strong", starting out as a story about my personal battle with cancer, and that was the mantra I used to hype myself up before my final chemotherapy session.

Unfortunately, someone close to me was also diagnosed with cancer before I could finish that story, so I went through the process of becoming a cancer caregiver. Thus the new title for this book was born, "My Battles with Cancer", reflecting my journey as as both a cancer patient and caregiver. All throughout the writing and editing process there was a fire burning in my mind, pushing me to keep chipping away every day, and telling me to have faith in the idea that eventually it would all come together. During my hospital visits and everywhere else I went, I took notes and churned out ideas in the back of my mind, as I continued to ponder the greater questions from my patient and caregiver journey with this book in mind. Now, exactly two years to the day since my last cancer treatment I am publishing this book, ready to share with the

world my journey, and ready to move on to some new and exciting adventures. It is my great pleasure to share with you now some of the high and low points I went through in my journey as a cancer patient and caregiver. My hope is that by sharing my stories and observations along the way, it may help other people with their learning curve. Good luck with your battles, Cheds  
**Writing Your Self** - Myra Schneider 2010-01-07  
A complete resource for life writing - one of the key genres studied within creative writing. >

**The Story You Need to Tell** - Sandra Marinella 2017-04-14

A practical and inspiring guide to transformational personal storytelling, *The Story You Need to Tell* is the product of Sandra Marinella's pioneering work with veterans and cancer patients, her years of teaching writing, and her research into its profound healing properties. Riveting true stories illustrate Marinella's methods for understanding, telling, and editing personal stories in ways that foster resilience and renewal. She also shares her own experience of using journaling and expressive writing to navigate challenges including breast cancer and postpartum depression. Each of the techniques, prompts, and exercises she presents helps us "to unravel the knot inside and to make sense of loss."

**Healing with Words** - Diana M. Raab 2011-06  
"Healing With Words: A Writer's Cancer Journey" is a compassionate and wry self-help memoir written by an award-winning prolific author, nurse and poet, who at the age of forty-seven found her life shattered first by a DCIS (early breast cancer) diagnosis and five years later by another, seemingly unrelated and incurable cancer--multiple myeloma. The book includes the author's experiences, reflections, poetry and journal entries, in addition to writing prompts for readers to express their own personal story. Raab's journals have provided a safe haven and platform to validate and express her feelings. Raab views journaling to be like a daily vitamin--in that it heals, detoxifies and is essential for optimal health. Readers will learn to: Understand the importance of early cancer detection and how to take control of their own health Discover the power of writing to release bottled-up emotions Learn how the process of journaling can facilitate healing See how a

cancer diagnosis can be a riveting event which can renew and change a person in a unique way

Praise for Raab's "Healing With Words": "One woman's story, beautifully told and inspiring to those for whom journaling will ease a cancer diagnosis." --Barbara Delinsky, author UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors "Time after time, Diana articulates incisively the thoughts and feelings that convey hoped-for meaning and encouragement. She is a woman who knows what it is to live fully in the face of mortality. She will add value to the life of every person who reads this book. Healing With Words resonates at a spiritual level for me." -- Sena Jeter Naslund, author of Ahab's Wife and Abundance: A Novel of Marie Antoinette

Author's proceeds from the sale of this book donated to benefit the Mayo Clinic Foundation

Learn more at [www.DianaRaab.com](http://www.DianaRaab.com)

Another inspirational book from Loving Healing Press [www.LovingHealing.com](http://www.LovingHealing.com) HEA039031 Health & Fitness: Diseases - Breast Cancer SEL501000 Self-Help: Journal Writing MED058160 Nursing - Oncology & Cancer

When Words Heal - Sharon Bray 2006

A step-by-step guide to writing during every step of surviving cancer makes recommendations for both solitary and group writing exercises, discusses how writing can be a meaningful part of the survival process, and shares interviews with and excerpts by cancer survivors. Original.

*Loving Your Friend Through Cancer* - Marissa Henley 2016-03-10

Have you ever struggled to find the right words to say to a friend who has just been diagnosed with cancer? Do you wonder which acts of kindness she would appreciate the most as she endures chemotherapy or a mastectomy? *Loving Your Friend Through Cancer* provides an in-depth look at what it feels like to have cancer and how friends can help. Marissa Henley's experience as a cancer survivor and her detailed advice will equip you to love and serve your friend through her illness. In this book, you'll learn: - Why you should never say, "Let me know how I can help." - Practical suggestions for supporting your friend immediately after diagnosis, throughout treatment, and beyond. - How to move beyond "I'm sorry" and provide the encouragement she needs. - Specific ways to pray for her and minister to her spiritually.

Whether you're a close friend providing daily support or an acquaintance who wants to avoid saying the wrong thing, this book will help you support your friend with confidence and compassion.

**After Cancer Treatment** - Julie K. Silver 2006-08-24

Julie Silver draws on her own battle with breast cancer to offer other cancer survivors advice and guidance to help them deal with the physical and emotional effects of the disease and its aftermath.

**Grace** - Melinda Marchiano 2010

The uplifting story of thirteen-year-old Melinda Marchiano's battle with cancer--told in her own unflinchingly honest words.

*Memoir of a Debulked Woman: Enduring Ovarian Cancer* - Susan Gubar 2012-04-30

A 2012 New York Times Book Review Notable Book "Staggering, searing...Ms. Gubar deserves the highest admiration for her bravery and honesty." —New York Times

Diagnosed with ovarian cancer in 2008, Susan Gubar underwent radical debulking surgery, an attempt to excise the cancer by removing part or all of many organs in the lower abdomen. Her memoir mines the deepest levels of anguish and devotion as she struggles to come to terms with her body's betrayal and the frightful protocols of contemporary medicine. She finds solace in the abiding love of her husband, children, and friends while she searches for understanding in works of literature, visual art, and the testimonies of others who suffer with various forms of cancer. Ovarian cancer remains an incurable disease for most of those diagnosed, even those lucky enough to find caring and skilled physicians. *Memoir of a Debulked Woman* is both a polemic against the ineffectual and injurious medical responses to which thousands of women are subjected and a meditation on the gifts of companionship, art, and literature that sustain people in need.

**Healing Journal** - Cindy Scott 2021-06-17

The *Healing Journal* is a book of inspiration and hope for women journeying through cancer treatment. It's a special book that highlights the wisdom and gifts of one cancer thriver and a place to capture your treatment journey so you can live fearlessly with and beyond cancer.

*Through Your Doors Again A Journey in Poetry*

*from Classroom to Chemotherapy* - Cathy O'Sullivan 2022-06-29

One of my ways of dealing with breast cancer was through writing poetry, to document both the good and the challenging. All profits from the sale of this book go to a cancer charity Cork ARC House which supported me on my cancer journey.

See Jane Write - Sarah Mlynowski 2015-06-30  
With chick lit novels popping up on every bestseller list, millions of readers are all thinking the same thing: I could write this stuff. I could write a bestseller and never go back to the office again! And here's the guide that will show you how. Bestselling novelist Sarah Mlynowski and veteran chick lit editor Farrin Jacobs cover every stage of developing and selling your soon-to-be bestselling novel, with information on • developing an idea • learning the basics of plotting • deciding on a point of view • pacing, and conflict • making your characters likable • finding an agent —and much more, including humorous tips and advice from scores of established writers (from Meg Cabot and Marian Keyes to Emily Giffin and Sophie Kinsella). If you've got stories to tell, See Jane Write will take care of the rest!

**Writing My Way Through World War II** - David D. Draves 1996

**What Helped Get Me Through** - Julie K. Silver 2009

Offers cancer patients practical advice, inspiration, and medical guidance to help them cope with their diagnosis and make the right choices about their treatment, with first-hand stories from survivors who have faced the same challenges.

**Praying Through Cancer** - Susan Sorensen 2007-05-20

You don't have to face cancer alone Traumatized and terrified of cancer? Perhaps you have been diagnosed yourself, or you have a friend or family member who is battling with the disease. You know you must face it—but you do not have to face it alone. Praying Through Cancer is a collection of stories by women who have faced cancer and, with triumphant spirits, found comfort and sometimes even joy in the midst of it. For these women, cancer was a comma, not a period, in the sentences of their lives. Why?

Because they put their faith in the Lord and He strengthened them beyond comprehension. You will laugh and you will cry, but best of all, you will know . . . you are not alone.

**The Rainbow Feelings of Cancer: A Book for Children Who Have a Loved One with Cancer** - Chia Martin 2016-01-01

With nearly two million new cases of cancer diagnosed every year in the U.S. alone, the number of children who must deal with the stress of a loved one's illness is steadily growing. Children need to share what they feel and ask what they want to know when someone in their family has cancer. The Rainbow Feelings of Cancer is a valuable resource in encouraging this conversation between children and parents, or other caregivers. Chia Martin was diagnosed with colon cancer in 1998, when her daughter Carrie was seven. As the years of her treatment continued, Chia found that Carrie's artwork provided an invaluable springboard to their talks about the young girl's feelings. Today, at age ten, Carrie shares what she has named "the rainbow feelings of cancer." This book contains her artwork and her words about the different emotions brought about by her mom's illness. She describes what has been hard for her, and what has helped her. Anyone who spends time with children whose parents or loved ones have a diagnosis of cancer, can benefit from this beautiful and heartwarming book. Ideal for parents and friends, caregivers, health professionals, hospice workers, teachers and school counselors. The Rainbow Feelings of Cancer does not tell children what they will or should feel. Rather, this book gently invites them into Carrie's world for a moment, allowing them to identify with her experience, offering them an opportunity to speak, draw, or consider their own feelings. While some books focus only on one type of cancer or deal with a particular loss, The Rainbow Feelings of Cancer is useful with any cancer diagnosis, any type of treatment, and at any stage of illness.

Cancer Crossings - Tim Wendel 2018-04-15  
Cancer Crossings -- Foreword -- 1 -- 2 -- 3 -- 4 -- 5 -- 6 -- 7 -- 8 -- 9 -- 10 -- 11 -- 12 -- 13 -- 14 -- 15 -- 16 -- 17 -- 18 -- 19 -- 20 -- 21 -- 22 -- 23 -- 24 -- 25 -- 26 -- 27 -- 28 -- 29 -- 30 -- 31 -- 32 -- 33 -- 34 -- 35 -- 36 -- 37 -- 38 -- Acknowledgments -- Notes -- Further Readings

The Undying - Anne Boyer 2019-09-17  
WINNER OF THE 2020 PULITZER PRIZE IN  
GENERAL NONFICTION "The Undying is a  
startling, urgent intervention in our discourses  
about sickness and health, art and science,  
language and literature, and mortality and  
death. In dissecting what she terms 'the  
ideological regime of cancer,' Anne Boyer has  
produced a profound and unforgettable  
document on the experience of life itself."  
—Sally Rooney, author of *Normal People* "Anne  
Boyer's radically unsentimental account of  
cancer and the 'carcinogenosphere' obliterates  
cliche. By demonstrating how her utterly specific  
experience is also irreducibly social, she opens  
up new spaces for thinking and feeling together.  
The Undying is an outraged, beautiful, and  
brilliant work of embodied critique." —Ben  
Lerner, author of *The Topeka School* A week  
after her forty-first birthday, the acclaimed poet  
Anne Boyer was diagnosed with highly  
aggressive triple-negative breast cancer. For a  
single mother living paycheck to paycheck who  
had always been the caregiver rather than the  
one needing care, the catastrophic illness was  
both a crisis and an initiation into new ideas  
about mortality and the gendered politics of  
illness. A twenty-first-century illness as  
Metaphor, as well as a harrowing memoir of  
survival, *The Undying* explores the experience of  
illness as mediated by digital screens, weaving  
in ancient Roman dream diarists, cancer hoaxers  
and fetishists, cancer vloggers, corporate lies,  
John Donne, pro-pain "dolorists," the ecological  
costs of chemotherapy, and the many little  
murders of capitalism. It excoriates the  
pharmaceutical industry and the bland  
hypocrisies of "pink ribbon culture" while also  
diving into the long literary line of women  
writing about their own illnesses and ongoing  
deaths: Audre Lorde, Kathy Acker, Susan  
Sontag, and others. A genre-bending memoir in  
the tradition of *The Argonauts*, *The Undying* will  
break your heart, make you angry enough to  
spit, and show you contemporary America as a  
thing both desperately ill and occasionally,  
perversely glorious. Includes black-and-white  
illustrations

*Writing My Way Through Cancer* - Myra  
Schneider 2003

Diagnosed with breast cancer in February 2000,

poet and author Myra Schneider turned to her  
writing to help her come to terms with the  
experience. In this thoughtful and readable  
book, she illustrates how writing helped her  
through diagnosis, treatment and recovery as  
well as the change in self-image following her  
mastectomy.

**Dying to Be Me** - Anita Moorjani 2022-03-08  
THE NEW YORK TIMES BESTSELLER! "I had  
the choice to come back ... or not. I chose to  
return when I realized that 'heaven' is a state,  
not a place" In this truly inspirational memoir,  
Anita Moorjani relates how, after fighting cancer  
for almost four years, her body began shutting  
down—overwhelmed by the malignant cells  
spreading throughout her system. As her organs  
failed, she entered into an extraordinary near-  
death experience where she realized her  
inherent worth . . . and the actual cause of her  
disease. Upon regaining consciousness, Anita  
found that her condition had improved so rapidly  
that she was released from the hospital within  
weeks—without a trace of cancer in her body!  
Within this enhanced e-book, Anita recounts—in  
words and on video—stories of her childhood in  
Hong Kong, her challenge to establish her  
career and find true love, as well as how she  
eventually ended up in that hospital bed where  
she defied all medical knowledge. In "Dying to  
Be Me," Anita Freely shares all she has learned  
about illness, healing, fear, "being love," and the  
true magnificence of each and every human  
being!

Write for Life - David Tabatsky 2019-07-31  
Every day, millions of people face traumatic  
changes to their health, when everything  
familiar turns upside down. What if they could  
take better control of their situation by writing  
about their experience and communicating more  
effectively by expressing their feelings? What if  
their struggles became a source of  
empowerment and inspiration? Research  
indicates that expressive writing—dealing with  
one's deepest thoughts and feelings—may  
contribute to improved physical and emotional  
health—for those with cancer and/or chronic  
disease. Everyone—patients, caregivers and  
medical staff—has a story to tell. Many are  
uplifting while others may not be easy to digest.  
Through their authenticity, they reflect the  
staggering realities of dealing with chronic

diseases. By opening your heart and giving writing a chance, you can discover the gift of

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