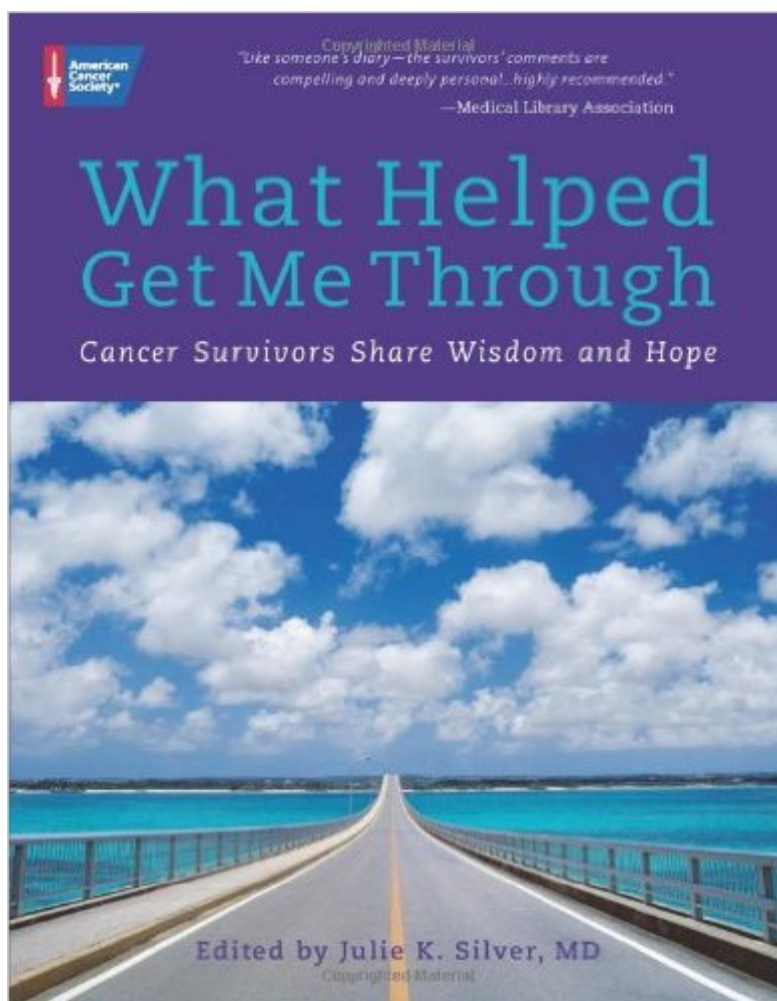


The book was found

# What Helped Get Me Through: Cancer Survivors Share Wisdom And Hope



## Synopsis

Winner: 2009 National Health Information Award, Gold; Finalist: 2010 National Indie Excellence Award, Health & Well-being " " " This new book, edited by a breast cancer survivor, succinctly relates the experiences, both practical and sensitive, of hundreds of cancer survivors including celebrities such as Lance Armstrong, Carly Simon, and Scott Hamilton who candidly relate what helped get them through every aspect of the cancer journey. The wisdom and hope offered in this book will be invaluable to newly diagnosed patients and their families, as well as their doctors and caregivers.

## Book Information

Paperback: 378 pages

Publisher: American Cancer Society; 1 edition (October 1, 2008)

Language: English

ISBN-10: 1604430044

ISBN-13: 978-1604430042

Product Dimensions: 7 x 1.2 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (16 customer reviews)

Best Sellers Rank: #140,447 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #2 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic #2 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lung Cancer

## Customer Reviews

From: [...]Author & Book Views On A Healthy Life!A FirstLook FeatureBook Review: What Helped Get Me Through (American Cancer Society, 2008) by Julie K. Silver, M.D. Edited by the award winning author, Julie K. Silver, herself a breast cancer survivor, the objective of What Helped Get Me Through is to provide stories, memories, and personal histories in the form of wisdom and hope by cancer survivors to others living with cancer. Dr. Silver surveyed hundreds of cancer survivors from around the world and interviewed medical experts and cancer leaders during her research for What Helped Me Get Through. What Helped Get Me Through offers guidance, emotional support, and advice to those just diagnosed with cancer and those undergoing treatment. Cancer survivors have been in the same situation, and speak their own words about survival, pointing out the small details to the major discussions of the emotional, physical, and spiritual aspects of having the

disease. What Helped Me Get Through from cover to cover: \* How to manage fear, uncertainty, and speak with your young children. (Dr. Silver had to do this herself.) \* How to explore and decide upon treatment options. \* How to take care of yourself, spiritually, physically, and emotionally. \* How to interact with your family and friends, allowing them to make a difference. \* What would have helped, but was too difficult to ask for. \* What could have helped at the time of diagnosis. Dr.

[Download to continue reading...](#)

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: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure) 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) What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope 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) 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,) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) How Charles Atlas Got Me Through a Bone Marrow Transplant: (and helped beat an almost unbeatable cancer) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Cancer Fighting Kitchen: Essential Cancer Fighting Foods to Heal Cancer and Cancer Fighting Recipes Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A:

Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) The Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer Survivors) How To Share, Send or Loan Your Kindle Books: All the Ways to Share Your Kindle Books! Eating Well Through Cancer: Easy Recipes & Tips to Guide you Through Treatment and Cancer Prevention 33 Prostate Cancer Meal Recipes That Will Help You Fight Cancer, Increase Your Energy, and Feel Better: The Simple Solution to Your Cancer Problems

[Dmca](#)