



Breast Cancer: A Journey from Fear to Empowerment (Paperback)

By Cath Filby

Live It Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. If you re unfortunate enough to get breast cancer, the first question you may ask yourself is, Why me? Cath Filby asked herself the same question seven years ago when she was diagnosed. A double mastectomy, followed by chemotherapy, complementary therapy and reconstruction, using tissue from her stomach, followed. But this wasn t the end because Cath decided to write about her experiences in the hope that she could help others going through cancer to understand that, with faith, determination, support and an open mind, the journey through breast cancer can be far more bearable than you think. Cath describes each element of her treatment with a no-holds-barred approach but intersperses her story with a sprinkling of humour and more than a small dose of hope.

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