



The Breast Cancer Book: A Personal Guide to Help You Through it and Beyond

By Val Sampson, Debbie Fenlon

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Breast Cancer Book: A Personal Guide to Help You Through it and Beyond, Val Sampson, Debbie Fenlon, 'This is an excellent book and I would recommend it to any woman with breast cancer.' Christine Fogg, Breast Cancer Care. The Breast Cancer Book is the book Val Sampson looked for in vain when she was first diagnosed with breast cancer. Based on her own experience, that of other breast cancer patients and also on interviews with experts in this field, it looks at the conventional medical treatments of surgery, chemotherapy and radiotherapy, as well as at the part which can be played by complementary treatments such as reflexology, meditation and spiritual healing. It also sets out to give emotional help and support in coping with the fear and sense of loneliness that often comes with a diagnosis of cancer, and there are sections on how to get support from people around you, how to look good and feel better, and twenty things to try if you are feeling low. Above all, it shows women that it is possible to lead a happy and fulfilling life after a diagnosis of breast cancer, and...



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