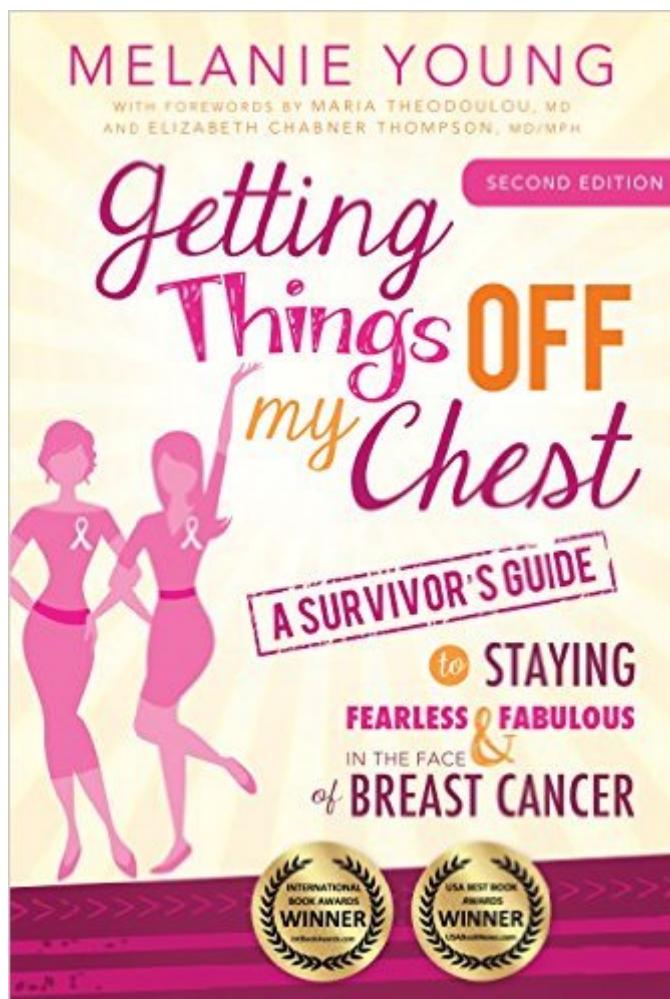


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# Getting Things Off My Chest: A Survivor's Guide To Staying Fearless And Fabulous In The Face Of Breast Cancer



## **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 mange your treatment and treat yourself to stay strong, focused and healthy moving forward."

## **Book Information**

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## **Customer Reviews**

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 is an AMAZING treasure of INCREDIBLE information for anyone going through breast cancer. It is also a REALLY INFORMATIVE book for anyone who knows someone with breast cancer. Cancer is one of those things we often don't like to talk about...We fear it~We shun it~We run from it~Yet according to this book 1 in 8 women will develop breast cancer... I personally know 3

survivors~ 2 friend and an aunt.I believe we should all learn about it.You may have breast cancer...but breast cancer does not have to have you :)This book has so many tips:\*Handling your diagnosis tips\*Insurance tips\*Doctor tips\*Questions to ask tips\*Your option tips\*Health tips\*Your brain on chemo tips\*Wig tips\*Staying Fearless & Fabulous tips\*and so much more!The author is a survivor of breast cancer herself and shares a lot of her journey with us...very interesting!This book will help you stay "sane, focused, and in charge."You can be "fearless & fabulous in the face of breast cancer!"

Charlene's Review:If you know anyone that is facing breast cancer, run, do not walk, and purchase this for them!Written by a survivor, using other survivorsâ™ 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 a direct, informative text, without the medical journal feel.Beginning with "It took losing my breasts to find my voice," and with chapters covering everything from "Digesting your diagnosis," "This is your brain on chemo," to "Making cancer a positive life sentence," it guides every step of the cancer process. There is not enough positive I can say, except I plan on purchasing these and handing them out to local hospitals so that they may have this resource on hand.5 out of 5 stars!\*A physical copy was provided by the publisher in exchange for an honest review.

I like this book so far, not done reading yet. I am testing this book to see if it will help women also fighting breast cancer. There are so many things that women don't know, that they need to know. I am teaming up with the cancer center in my town to give them the materials to educate themselves.

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.

i thought it was insightful, useful, and witty! a MUST read for every woman....we will all know many woman in our lifetime that struggle with breast cancer. This was a very useful rsource. totally enjoyed it!

Melanie Young has created the quintessential "how-to" book for any woman who is faced with this diagnosis. It is not sappy, nor melancholy. In fact - the book takes not only the woman, but also whomever is her support partner, step-by-step through the process of treatment in a practical, no-nonsense way. And probably MOST importantly, it addresses breast cancer as a disease treatment that actually has steps that allows a woman to be in the driver's seat when faced with the important decisions one must make. This book empowers women and their loved ones to not be overwhelmed with magnitude of the diagnosis and explains in detail the process and options that are faced. Reading and referencing "Getting Things Off My Chest" must, (and should be), the very first step you take for yourself, or for any woman that you know, when facing the diagnosis of breast cancer.

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.

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