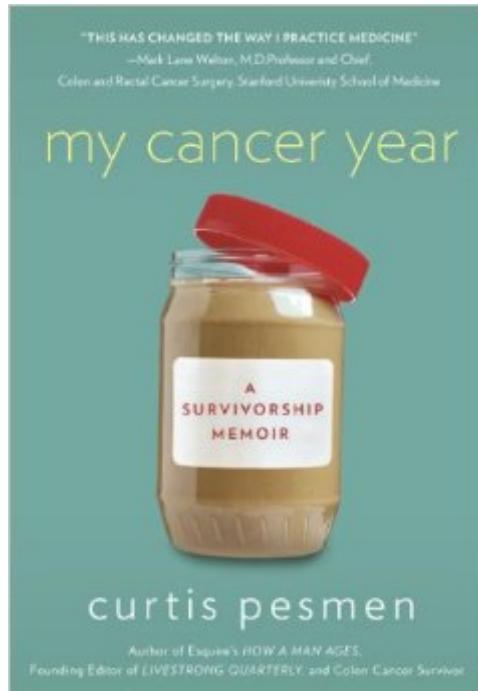


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# My Cancer Year: A Survivorship Memoir



## **Synopsis**

In **MY CANCER YEAR**, Curtis Pesmen, a veteran health journalist and book author, chronicles his successful fight with advanced colon cancer in a brutally honest and illuminating memoir. Through this moving account--which takes the reader through his initial shock of diagnosis, through treatment, experimental surgery and finally recovery--Pesmen's insights and experiences cast light on how to manage the challenges of cancer people don't like to talk about. This intimate memoir of a successful fight helps the fast-growing group of survivors--as well as family and friends--put cancer in its place while moving forward with the power of new knowledge.

## **Book Information**

Paperback: 180 pages

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Product Dimensions: 5.5 x 0.6 x 7.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 starsÂ  [See all reviewsÂ](#) (3 customer reviews)

Best Sellers Rank: #3,060,902 in Books (See Top 100 in Books) #80 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #26167 inÂ  Books > Self-Help > Motivational #39802 inÂ  Books > Self-Help > Personal Transformation

## **Customer Reviews**

Excellently written with discipline, humor and restraint, this book is a humbling reminder that carefree good health can be felled in an instant. Life is always a fragile mirror to its opposite. I was fascinated to read how the author coped with the permanent body change--a huge adjustment--which he relates with grim and gritty candor. I was aware, however, that Pesmen did have the safety net of a comfortable income. How different would the situation have been for someone who has to live from paycheck to paycheck? But I hasten to add that is a comment on the stupid healthcare system in this country, rather than on the author.

I appreciate how honest and clear this book is about what happens from the moment of the diagnosis and through the course of treatments. So many have been on this journey. It helps to have a guide like this - funny (at times) but clear headed.

Having had colon cancer myself and looking at the author's credentials, I was eagerly awaiting this book from the library. I skimmed through it in one evening and was disappointing. The author suffered horribly -- chemo, radiation, surgery to remove his entire colon, then more chemo. He went through MUCH more than I did, but I never felt any depth in this book. It seemed like the text from his wife's diary was used almost as "filler" and the last two chapters as well. I didn't get much of a sense of what it was like with his having cancer in terms of his thoughts, concerns and physical problems. I actually got more of a sense of what cancer was like through reading the book written by Patrick Swayze's wife on his cancer. Maybe the fact that it was written 10 years after the cancer made a difference. I definitely wouldn't recommend this book to anyone who wants to know what colon cancer treatment is like (and the treatment that he went through is also now 10 years out of date)

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Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor My Cancer Year: A Survivorship Memoir Advances in Cancer Survivorship Management (MD Anderson Cancer Care Series) The Survivorship Net: A Parable for the Family, Friends, and Caregivers of People with Cancer F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Foods to Fight Cancer: Essential foods to help prevent cancer Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy Nature's Cancer-Fighting Foods: Prevent and Reverse the Most Common Forms of Cancer Using the Proven Power of Whole Food and Self-Healing Strategies The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer Fuck Off, Cancer: Breast Cancer Shaken not Stirred Breast Cancer and Me: The Hope-filled and Sometimes Humerous Story of a Breast Cancer Survivor Coloring Through Cancer: An Adult Coloring Book with 30 Positive Affirmations to Encourage Cancer Survivors (Volume 1) Bone Cancer: Current and Emerging Trends in Detection and Treatment (Cancer and Modern Science) 2011 Pediatric Cancer Toolkit: Childhood Bone Cancer - Osteosarcoma and Malignant Fibrous Histiocytoma (MFH) of Bone (Ringbound Book and DVD-ROM) 2009 Conquering Cancer - The Empowered Patient's Complete Reference to Bone Cancer - Diagnosis, Treatment Options, Prognosis (Two CD-ROM Set) What's Up with Our Dad?: Medikidz Explain Colorectal Cancer (Medikidz Explain [Cancer XYZ]) The American Cancer Society

: Colorectal Cancer [ The Breuss Cancer Cure: Advice for the Prevention and Natural Treatment of Cancer, Leukemia, and Other Seemingly Incurable Diseases (Bantam) Breuss, Rudolf ( Author ) ] { Paperback } 1998 Living And Thriving With Lung Cancer (Living And Thriving With Cancer)

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