



Reclaiming Your Life After Diagnosis: The Cancer Support Community Handbook

Kim Thiboldeaux, Mitch Golant

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A Comprehensive and Compassionate Approach to Cancer Care

Reclaiming Your Life After Diagnosis is packed with incredible information and resources to get you or someone you love through the challenging journey of a cancer diagnosis and treatment. This book accurately and compassionately addresses the physical, emotional, social and practical needs of cancer patients and their support systems.

Find out how to:

Put an effective support and resource team in place to buffer against the challenges of diagnosis and treatment

Build a community to deal with the daunting decisions treatment requires

Develop practical, more effective ways to manage side effects

Deal with complex emotional issues ranging from the shock of initial diagnosis to creating a living legacy and a meaning-filled life

Through powerful, first-person testimony, as well as a plethora of the best tips, evidence-based research, treatment and support information currently available, *Reclaiming Your Life After Diagnosis* will help cancer patients develop the strength and empowerment they need to stay focused on healing—and to develop the mindset of a survivor.

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Shawn Calvin:

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