

Suggested Reading

Newly Diagnosed and Treatment Survival:

The Breast Cancer Book of Strength and Courage; Inspiring Stories to See You Through Your Journey by Ernie Bodai, M.D., F.A.C.S. and Judie Fertig Panneton, Prima Publishing.

This book is all stories from survivors. There are forty-six stories, many of them very long. The book is excellent; it is inspiring and acts as proof that a book of this type is powerfully effective in lifting the spirits of survivors.

Chicken Soup for the Breast Cancer Survivor's Soul; Stories to Refresh the Soul and Rekindle the Spirit by Jack Canfield, Mark Victor Hansen, and Mary Olsen Kelly, HCI Publishing.

A collection of heart-warming, inspirational stories from breast cancer survivors, this is an excellent book. It is a "support group between two covers" that shares lots of information and memorable stories, some funny, some sad. This book lets the reader know that she is not alone.

Living Beyond Breast Cancer; A Survivors Guide For When Treatment Ends and the Rest of Your Life Begins by Marisa C. Weiss, M.D., and Ellen Weiss, Times Books, Random House.

This is an excellent book to read after all your treatments and surgery are completed and you are trying to get on with your life. It covers everything from medical concerns, managing your ongoing health care with your team of specialists, to emotional, sexual, career and self-esteem issues. Written by a doctor who specializes in breast cancer, this book is an excellent resource.

Medical:

Dr. Susan Love's Breast Book by Susan M. Love, MD with Karen Lindsey, De Capo Press.

This book is the essential guide to understanding your medical pathology written by a breast specialist. This is the bible of breast cancer, it explains everything about cancer, surgery, chemotherapy, radiation, from a doctor's point of view. This is the best medical book on breast cancer, in my opinion.

Love, Medicine and Miracles by Bernie Siegel, M.D. Harper and Row;
Peace, Love and Healing by Bernie Siegel, M.D., Harper and Row.

Dr. Bernie Siegel is famous for his revolutionary work pioneering the body-mind connection in the arena of western medicine. He shares his experience as a surgeon, working with what he calls "Exceptional Patients," those that survive far longer than expected. Dr. Siegel shares the attitudes and behaviors of those patients, and analyses why he thinks that they live longer. These two books are wonderful, both offer the reader many ways to utilize the tools and techniques for self-healing.

Getting Well Again by O. Carl Simonton M.D., Stephanie Matthews-Simonton, and James L. Creighton, Bantam Books.

This best-selling classic shares self-awareness, mind-body connection, and self-healing techniques. Dr. Simonton is known as the father of psychoneuroimmunology, psychosocial medicine, an approach that combines medical and psychological techniques in the treatment of cancer. The Simontons are credited with the first use of visualization, such as imagining little pac-mans eating cancer cells, in the treatment of cancer.

For Children:

Our Family Has Cancer, Too by Christine Clifford, University of Minnesota Press.

The Year My Mother Was Bald by Ann Speltz, Magination Press
Sammy's Mommy Has Cancer by Sherry Kohlenberg, Magination Press

Spiritual:

Close to the Bone; Life Threatening Illness and the Search for Meaning by Jean Shinoda Bolen, M.D., Simon & Schuster, Inc.

In this beautifully written book, the author explores the way serious illness brings us close to the bone, close to our soul. Using the powerful imagery of myth, she explores the connection between illness and the heroic journey. In-nana, Persophone, Psyche, and other goddesses from mythology give hope and guidance to the reader under Dr. Bolen's skilled hand.

When Bad Things Happen to Good People by Harold S. Kushner, Harper, Collins Publishers.

Excellent book offers a humane and moving approach to inexplicable illness. For all of us who must contend with suffering, this book will make you feel better. Written by a Rabbi, and exploring the spiritual aspects of pain, hardship, and disease, this best selling book has brought peace to millions.

Art. Rage.Us. Art and Writing by Women with Breast Cancer, introduction by Jill Eikenberry, epilogue by Terry Tempest Williams, Chronicle Books.

This collection of art works by over seventy artists is so stunning, moving and powerful that I have included it in the spiritual category. The combination of art and outrage was originally exhibited in San Francisco to bring attention to breast cancer. The book is a must read for all survivors.

The Best Personal Stories:

The Victoria's Secret Catalog Never Stops Coming and other lessons I learned from Breast Cancer, by Jennie Nash, Penguin Putnam, Inc.

Author Jennie Nash is a wonderful storyteller. Her heartwarming tales of family and the small incidents of life are moving and inspiring. This is a great book. *It's Not About The Bike; My Journey Back to Life*, by Lance Armstrong, Penguin Putnam, Inc.

Few people are as inspiring as Lance Armstrong. This book details his journey through cancer and recovery and it is a powerful motivational story. He went through hell, and went on to win the Tour de France – again!

The Best Alternative Healing Books:

Instant Healing, by Serge Kahili King, Renaissance Publishing.

This is a wonderful book filled with healing techniques that really work. Highly recommended, along with all of Dr. King's other books: *Urban Shaman*, *Huna Healing*, etc.

You Can Heal Your Life by Louise Hay, Hay House.

This is a classic in the field of healing and consciousness. Louise Hay healed herself of cancer using the techniques shared in this useful book.

Creative Visualization, by Shakti Gawain, New World Library.

Nutrition:

Eat to Beat Cancer, by J. Robert Hatherhill, Ph.D., Renaissance Books.

The Cancer Lifeline Cookbook, by Kimberly Mathai, M.S., R.D., with Ginny Smith, Sasquatch Books.

Eating Well Through Cancer, by Holly Clegg and Gerald Miletello, M.D., Wimmer Cookbooks.