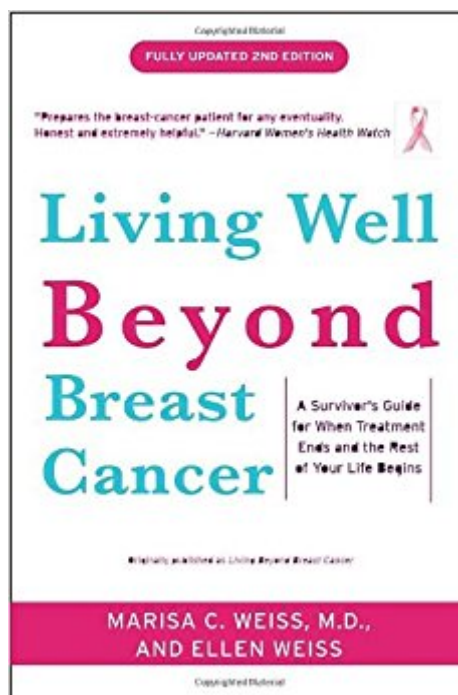




The book was found

# Living Well Beyond Breast Cancer: A Survivor's Guide For When Treatment Ends And The Rest Of Your Life Begins



## Synopsis

What do I do now? Why am I still so tired? Am I really cured? How do I reduce my risk of recurrence? Is it safe for me to get pregnant? How do I get rid of the hot flashes so I can sleep? This fully revised and updated second edition contains crucial information about these issues and more—including the revolutionary medical advances in follow-up testing, ongoing treatments, and recovery. With answers for everything from how to deal with hair loss and weight gain to finding online support groups and understanding healthy foods and supplements, *Living Well Beyond Breast Cancer* contains a greater depth and breadth of information in its enhanced chapters—plus all-new chapters that cover current treatment options and preventative tips for those at high risk for developing breast cancer.

**Enhanced Chapters:**

- Tests: Peer, Poke, and Prod
- After Mastectomy: Re-creating a Breast with or Without Surgery
- Intimacy, Sex, and Your Love Life: Relieving Discomfort and Increasing Libido
- A Child in Your Future: Fertility, Pregnancy, and Adoption
- Reducing Your Risk: Living Well

**All-New Information:**

- Pre-Survivors: Risks and Prevention
- Thinking and Remembering: Clearing the Fog and Sharpening Your Mind
- Bone Health: Weakness Explained and Strengthening Exercises
- Sleep: Restoration and Renewal

With this book as your guide, you'll have the tools not just to live beyond breast cancer, but to live well and well beyond this challenge in your life!

## Book Information

Paperback: 528 pages

Publisher: Harmony; 2nd Updated ed. edition (January 5, 2010)

Language: English

ISBN-10: 0307460223

ISBN-13: 978-0307460226

Product Dimensions: 6.2 x 1.1 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 11 customer reviews

Best Sellers Rank: #466,901 in Books (See Top 100 in Books) #133 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #1189 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

This expanded second edition includes updated information reflecting advances in breast cancer treatment made in the past decade. Weiss, a physician specializing in breast cancer and founder of Breastcancer.org, and her mother, a writer and breast cancer survivor, have included new chapters on mind-fog, bone health, intimacy and sex, as well as the latest on hormone therapies, drugs and other treatments, and diagnostic technology. The text also covers topics that seem more suited to those who have been recently diagnosed or are still undergoing treatment (i.e., choosing a physician, hair loss, breast reconstruction and traveling the maze of scans and tests). Some survivors may prefer to race to the later chapters, which focus on life style choices, environmental concerns and genetic factors, homing in and preventing and managing recurrence. The authors explain that while several of the most influential risk factors (family history, being a woman and getting older) can't be controlled, women have the power to modify such other risks as weight gain (a hazard for recurrence as well as lymphedema), exercise, diet, smoking and use of alcohol. Women at any stage of the breast cancer journey, including those grappling with emotional issues surrounding the chance of recurrence, will benefit from the Weisses' up-to-date and uplifting outlook. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“Women at any stage of the breast cancer journey, including those grappling with emotional issues surrounding the chance of recurrence, will benefit from the Weisses' up-to-date and uplifting outlook.” —Publishers Weekly

This book has been helpful in making me feel less alone. I am not a "group" person it was nice to hear about others experiences with out having to sit uncomfortably in a group setting.

Anybody ne who is having a tough time during cancer treatment or after should read this book. You are not alone. Excellent book!!

This book really helped me as I deal with the future after having breast cancer. It helped me understand depression and worry are not unusual.

I found this to be a very good informative book. Offered good thoughts and guidance to help me through such tough times.

Excellent, informative, a must-read.

This book is wonderful . I did a whole lot of research and this book was the cherry on top of all of my personal research.

I purchased this book two years after my diagnosis based on a friend's recommendation. I wish I had it a year ago. It clarified a lot for me and has helped with ongoing questions that crop up.

Very informative!

[Download to continue reading...](#)

Living Well Beyond Breast Cancer: A Survivor's Guide for When Treatment Ends and the Rest of Your Life Begins  
Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure)  
Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer)  
Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer)  
Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention)  
Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention)  
Alternative Cancer Therapies (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) (Alternative Medicine Book 1)  
Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1)  
Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management  
The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books)  
Winning The Cancer Battle: Nutritional Help for Breast

Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor Be a Survivor: Your Guide To Breast Cancer Treatment The Value of Escharotics Medicines Which Will Destroy Any Living or Fungus Tissue in the Treatment of Cancer, Lupus, Sarcoma or Any Other Forms of Malignancy (Spine Title: Cancer: its Proper Treatment At Dr. Nichols Cancer Sanatorim by Escharotic... 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 Breast Cancer Courageous - Prayer Journal: Biblical Affirmations for Breast Cancer Patients and Survivors American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)