



BC Cancer Agency
Library/Cancer Information Centre

COPING WITH CANCER

BOOKS

Anatomy of hope : how people prevail in the face of illness

Jerome Groopman, 2004. WM172 G876 2004

Explores the extent to which hope features in the experience of patients with chronic and terminal illnesses; the importance of hope in enabling patients, families, friends, and physicians to meet the challenges of serious illness; the various forms that hope can take; and the role of the physician in fostering or at least not extinguishing hope.

Cancer : 50 essential things to do

Greg Anderson. Rev. and updated ed., 1999. QZ201 A5461 1999

Tells how the patient can regain some control in the face of feeling fearful and overwhelmed.

Cancer is a word, not a sentence : a practical guide to help you through the first few weeks

Robert Buckman, 2006. QZ201 B925c 2006

A practical guide written for people who have just been diagnosed with cancer. It aims to help them and their loved ones make sense of what happens next and to plan a course of action. Includes information about tests, the stages of the disease, treatment options and follow-up.

Cereal for dinner : strategies, shortcuts, and sanity of moms battling illness

Kristine Breese, 2004. QZ266 B832 2004

Teaches mothers how to balance their lives so that they can care for themselves while still taking care of their families.

Coping with cancer : a patient pocket book of thoughts, advice, and inspiration for the ill

Veronica Blaha Decker, 2009. QZ200 D295 2009

Includes tips on coping, hints on finding one-minute pleasures, and ways of sustaining hope and creating positive thoughts.

Crazy sexy cancer survivor : more rebellion and fire for your healing journey

Kris Carr, 2008. QZ201 C312 2008

Crazy sexy cancer tips

Kris Carr, 2007. QZ201 C311 2007

Diagnosis cancer : your guide to the first months of health survivorship

Wendy Schlessel Harpham, 2003. QZ201 H295 2003

Guides patients through the frightening first few months after diagnosis and discusses ways to cope with treatments both emotionally and physically. Uses questions and answer format.

Facing cancer : a complete guide for people with cancer, their families, and caregivers

Theodore Stern, 2004. QZ201 F141s 2004

Includes information about causes and treatments, as well as the emotional aspects of living with this diagnosis. Discusses complementary therapies, faith and prayer, and medical advice on nutritional and health-building lifestyle changes.

Facing cancer with confidence : you've just been told you have cancer

CancerSource, 2004. QZ201 F771m 2004

Provides information and tools to help patients and caregivers learn about cancer and manage the entire treatment process.

Finding hope : ways to see life in a brighter light

Ronna Fay Jevne and James E. Miller, 1999. WM172 J58 1999

After describing what hope is and how it works this book offers twenty-two specific ideas about how to find, keep and build hope in your life.

Hoping, coping and moping : handling life when illness makes it tough

Ronna Fay Jevne, 2000. WM172 J58h 2000

Offers practical, sometimes humorous, suggestions for moving beyond self-pity and towards feeling better. Discusses the effects physical suffering and illness have on your body, mood, energy, emotions, spirit, loved ones and overall quality of life.

Human side of cancer : living with hope, coping with uncertainty

Jimmie C. Holland, 2000. QZ200 H735 2000

Surveys a range of available coping strategies, both physical (e.g., medications) and psychological (e.g., support groups).

Silver linings : finding hope, meaning, and renewal during times of transition

Melissa Gayle West, 2004. WM172 W519 2004

Shows how the worst things that happen to people can often be blessings in disguise, and how to use make the most of those blessings as catalysts to lasting and significant life changes.

Surviving the cancer system : an empowering guide to taking control of your care

Mark R. Fesen, 2009. QZ201 F413 2009

When it's cancer : the 10 essential steps to follow after your diagnosis

Toni Bernay and Saar Porrath, 2006. QZ201 B524 2006

Guides patients through physical, psychological, social, financial, and legal issues that accompany a cancer diagnosis. Includes worksheets, checklists and self-assessments to help patients gather information and resources to effectively manage the disease.

VHS

Anatomy of hope : how people prevail in the face of illness

Jerome Groopman, 2004. WM172 G876 2004

Healing the emotional aspects of cancer

Tapas Fleming, 2004. QZ266 F598 2004

Includes how to create your own spa life and healing environment and a guided TAT healing session.

Life with cancer : dispelling the myths

Canadian Association of Nurses in Oncology, 1994. QZ200 L722 1994

Includes information about the empowerment of patients, questions to ask, coping techniques, as well as some discussion of cancer and various treatments.

Living with cancer : emotional perspectives

QZ200 L785 1999

Includes psycho-social issues associated with living with cancer, including coping with emotions and concerns and ways for family members and friends to support the patient.

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Talking about cancer

1994. QZ200 T146 1994

Includes 4 people with cancer discussing their experiences, coping with diagnosis, taking charge and finding information, and living with cancer.

Voices in the night : a cancer companion: diagnosis

Joy S. McDiarmid, 1993. QZ241 M135 1993 v.1

DVD

You've just been told you have cancer : taking charge after a diagnosis of cancer

Life Care Concepts, 1998. QZ201 Y67 1998

Told by survivors, caregivers, volunteers, and medical experts. Includes how cancer affects your body, treatment options, nutrition, and working with your medical team.

CD

Facing cancer with confidence : you've just been told you have cancer

CancerSource, 2003. QZ201 F771m 2003

PAMPHLETS

Cancer information and support

Emotional facts of life with cancer

RECOMMENDED WEBSITES

Association of Cancer Online Resources

www.acor.org/

CancerCare

www.cancercare.org/

Lance Armstrong Foundation

www.livestrong.org

National Coalition for Cancer Survivorship

www.cansearch.org/

People Living With Cancer

www.plwc.org

Wellness Community

www.thewellnesscommunity.org