



You Can Do This!: Surviving Breast Cancer Without Losing Your Sanity or Your Style (Paperback)

By Elisha Daniels, Ann Partridge, Kelley Tuthill

Andrews McMeel Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. Breast cancer survivors Kelley Tuthill and Elisha Daniels are redefining what it means to be a cancer patient. More than 200,000 women will be diagnosed with breast cancer each year, but that diagnosis does not mean sitting on the sidelines while life passes you by. Both Tuthill and Daniels worked throughout their extensive cancer treatments and continued to enjoy their family, friends, and high-profile careers while fighting the fight of their lives. You Can Do This shares with you the strategies that worked, what didn't, and what they wish they'd have known at the time of diagnosis, namely to: * Send a message to the world that you are healing, not dying.* Surround yourself with people who know how to make you feel better.* Try to stick to your routine when possible. Go to work. Take the kids to school.* Have a plan for what you will do at 2:00 a.m. if you cannot sleep.* Keep wearing makeup and high heels. You don't have to look and feel like a patient all the time.* Believe that you can beat this. Benefiting from the...



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