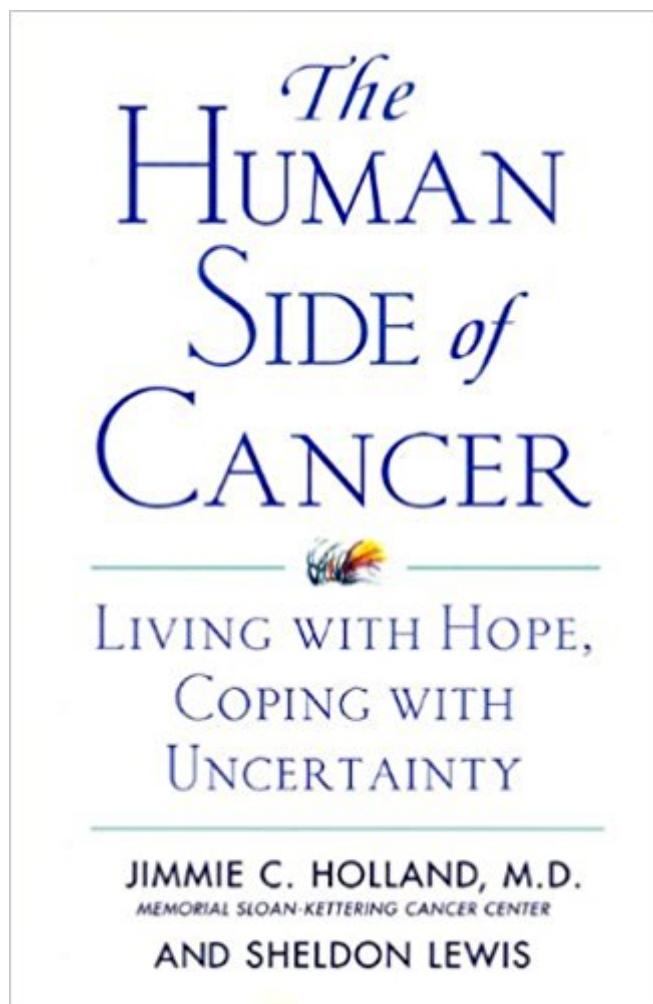


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# The Human Side Of Cancer: Living With Hope, Coping With Uncertainty



## **Synopsis**

For more than twenty years, Dr. Holland has pioneered the study of psychological problems of cancer patients and their families -- whom she calls "the real experts." In *The Human Side of Cancer*, she shares what she has learned from all of them about facing this life-threatening illness and what truly helps along the cancer journey. This book is the next best thing to sitting in Dr. Holland's office and talking with her about the uncertainty and anxiety elicited by this disease. And it is a book that inspires hope -- through stories of the simple courage of ordinary people confronting cancer.

## **Book Information**

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## **Customer Reviews**

"There are two aspects to the human side of cancer: what cancer does psychologically to people and their families, and how emotions and behaviors may influence the risk of getting cancer and its outcome," writes Jimmie C. Holland, M.D., founder of the field of psycho-oncology (the psychological issues of cancer) and chairman of the department of psychiatry and behavioral sciences at the Memorial Sloan-Kettering Cancer Center. "The human side of cancer is all encompassing; it's about you, your surroundings, and your experience of the illness." Doctors often don't have the time or the skills to deal with psychological issues. *The Human Side of Cancer* tackles the emotional issues of cancer head-on. Holland knows there's no "one size fits all" coping style and is sensitive to each reader's uniqueness and belief system. "We do have overwhelming proof, however, that how you cope with your illness can improve your overall quality of life," she

asserts. The theory that cancer patients with a "fighting spirit" have a better chance of survival than those who are passive is not, it turns out, supported by research. But whether or not your personality is spunky and confrontational or laid-back and accepting, you can use your own methods of coping to make sure you live a healthy lifestyle and hang in there with your cancer treatment--which does improve your chances of survival. The authors explain how you can choose a doctor who demonstrates the "Three C's" (competence, compassion, and caring) and gives you practical instructions for making the most of each doctor's appointment. The book also covers coping strategies, the psychological effects of different treatments, psychosocial issues related to specific forms of cancer, and the "emotional baggage" of surviving. The Human Side of Cancer combines sensitive advice and explanations with quotes and anecdotes of cancer patients, research summaries, self-help tips, and checklists. The book is for both the cancer survivor and family members. Anyone dealing with cancer will benefit from Holland's wisdom and experience. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Chief of psychiatry at Memorial Sloan-Kettering Cancer Center in New York City, Holland is one of the founders of psycho-oncology. In this well-rounded guide, she and Lewis (an editor at Healthy Living) provide sensible and clear advice for people living with cancer. What makes this manual different is Holland and Lewis's belief that there's no one style of coping that's right for everyone. Instead, they survey a range of available strategies, both physical (e.g., medications) and psychological (e.g., support groups). Antidepressant and antianxiety medications get a lot of attention here. The authors consider them important tools in the fight against not only severe depression, but also fear of surgery and sleeplessness; they are also important in aiding the terminally ill. Though they emphasize traditional Western treatments, Holland and Lewis don't dismiss potentially complementary alternative therapies, like meditation, yoga, acupuncture and aromatherapy. These techniques, they contend, while not proven cures, may enhance quality of life and are particularly useful to those patients who want an active role in maintaining their health. In addition, they recommend lifestyle changes such as giving up smoking, eating a nutritious diet and exercising regularly. Likewise, their discussion of the physical problems that may occur after cancer treatment (including impotence and changes in appearance) is honest and practical. Illus. (Sept.) Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

As a breast cancer fighter-- I so wished this book had been recommended to me from the start-- and

also wish ALL drs were instructed to read it before they attempt to treat anyone with cancer. I could relate with so many topics and issues-- was helpful to know I am not alone in my feelings -- from anxiety to fear- to just wanting someone to listen. Should Be A MUST READ -- and the service was great too-- Thanks all the way around!

This book covers a huge range of emotional and personal issues for cancer patients and their caretakers. Jimmie Holland was the person who launched the field of psychological support for cancer patients, and her writing is clear, compassionate, informative, and detailed. It is possible to dive into one chapter or another without reading the book in sequence. I have given this to many friends facing cancer, and they have all been delighted and grateful to find a supportive resource to help them manage tough questions.

Recommend for anyone hearing the diagnosis of cancer....how it impacts your mental, spiritual and physical life! This book will give you insight that the medical community does not. Most treatment focus is on the delivery of the medical side of treatment not on how one has to deal with the moment by moment trauma and psychological impact on us! You are experiencing a "new normal" every day and this read will help you cope!

This book contains what seems to be very good advice for anyone facing cancer - whether it is a family member or themselves. It is written in a calm and heartfelt manner. It has helped me to connect. I know I cannot know what it must be like to receive news that one has cancer. This book has helped.

Excellent book - it wasn't quite in new condition - but it was good enough. I was giving it as a gift so I would have preferred the cover looked a bit fresher - but the pages were untouched and the content of the book is so worthwhile - it was fine.

This is one of the few books I can imagine my mother reading. She was recently diagnosed with advanced ovarian cancer and I ordered this book (and a couple others) to help my understanding of the emotional aspects of the disease and treatments. My mother generally escews "self-help" type books and outside help such as counseling. But this book is matter-of-fact and is presented in a way that respects individual differences and styles. It's not full of "touchy feely" (Mom's phrase) jargon but does address psychological issues effectively. Mom might actually find this one helpful, as I

have. One weakness I found was the short section on ovarian cancer -- it addresses mostly fertility and sexuality issues -- the first doesn't apply to the older woman and the latter may or may not -- the writer seems to miss the boat on this type of cancer in the older woman. Overall, though, a helpful book.

This book gives a cancer patient hope. It is also good for caregivers. How to help you understand what you are going through. Emotions, side affects and terms. Very helpful.

Very helpful book if you are looking for answers as to how to live with cancer, or if you are trying to understand what someone is going through. Validates so many of the things happening in life and treatment.

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Stars: Comparing Pro Hockey's Greatest Players (Side-by-Side Sports) 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 F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) ISO/IEC Guide 98-3:2008, Uncertainty of measurement - Part 3: Guide to the expression of uncertainty in measurement (GUM:1995) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4)

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