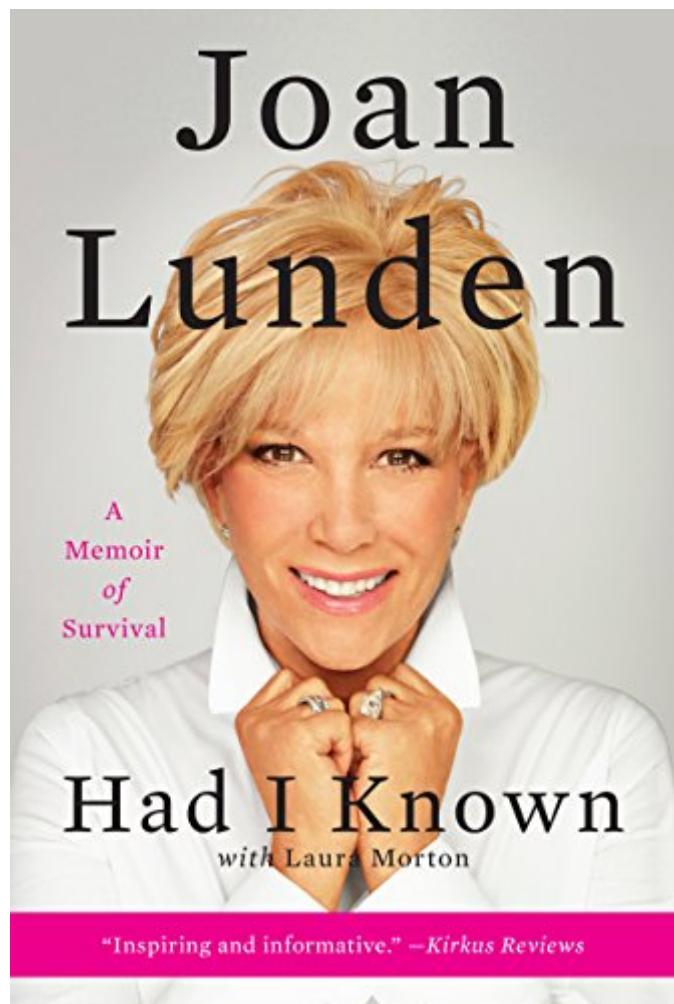


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# Had I Known: A Memoir Of Survival



## Synopsis

In this brave and deeply personal memoir, one of America's most beloved journalists, mother, and New York Times bestselling author speaks candidly about her battle against breast cancer, her quest to learn about it and teach others, and the transformative effect it's had on her life. When former Good Morning America host Joan Lunden was diagnosed with breast cancer, she set out to learn everything about it to help her survive. With seven children counting on her, giving up was not an option. After announcing her diagnosis on Good Morning America, people all over the country rallied around Joan as she went into Warrior mode. Within a few months, after losing her hair, Joan appeared on the cover of People magazine bald, showing the world she could, and would, beat the disease. Determined to remain upbeat—to look in the mirror with a brave face—her resolve empowered women everywhere. The Today show quickly recruited Joan as a special correspondent and continues to follow her progress. A deeply personal and powerful story of pain, persistence, and perseverance, *Had I Known* is a chronicle of Joan's experience and the plan she formulated and followed to battle with her disease and treatment. As Joan reveals, while her journey was not easy, it profoundly changed her in unexpected ways. Her odyssey helped Joan redefine herself, her values, and most of all, her health. Following a new clean way of eating, Joan lost thirty pounds, became more aware of the food she was eating, and avoided many of the debilitating side effects of chemotherapy. Dealing with the cancer also changed her perception of true beauty. Being attractive isn't about the hair on your head—it's about the strength and character you bring to everything you do. Positive yet down-to-earth, told with piercing honesty leavened with warmth and humor, *Had I Known* offers unforgettable, inspirational lessons for us all.

## Book Information

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## **Customer Reviews**

This was a good book but being a two time cancer survivor myself I didn't feel it was a true depiction of how it is to go through cancer . Joan Lunden's life can't really be compared to the average woman because she doesn't live an average life. I feel she worried too much about her looks and what people were thinking of her for this to feel real to me. I am certainly not taking away from what she experienced and her struggles during this time in her life but just didn't feel her struggles were like the average woman's which is not her fault but did affect my feelings about the book. It is easy to worry about your looks I guess when you aren't having to struggle to pay your doctor bills, but just my opinion of course.

I don't know, I feel it wasn't written well or just feel like something is missing here? I feel some of the writing was a little choppy, with lots of short quick sentences. I thought there would be more data, more information, etc., also on the breast density issue. I totally feel for her story, though. I am also happy that she got her story out there for those that either knew Joan from the Good Morning America or from hearing her story.

I read this book so quickly! It was candid, colorful, hopeful, and believe it or not, happy. Joan is surprisingly funny and this book couldn't have come at a more perfect time - I am putting together a gift basket for a friend who is going through the same kind of breast cancer treatment and I am going to get one for her too. It will make her feel better and not alone, Joan makes you feel like she is right there with you, I can't wait to keep following how she does, way to go Joan! You're an inspiration and a friend to many although you might not even know it.

When breast cancer hits it doesn't matter if you are a celebrity or like me a retired 83 year old, the emotions felt and experienced are raw and the same. Joan Lunden expresses it without sugar coating and truly levels the playing field for the many thousands of us fighting breast cancer. Cancer sucks.

I'm battling breast cancer right now and this book greatly helped me especially the "fear" parts. I'm a very strong woman like you Joan and fear is not something I'm used to dealing with. Thank you for sharing your story and especially the fear part. You made me not feel so alone in that raw dark emotion.

This is the greatest book ever if you have breast cancer as I did or know someone who has. It is so filled with information. I thank Joan for writing this book. It gave me courage and much helpful information. A must read!

Yes I would recommend this book to everyone. I am not a reader but I finished this book in less than one week. It is a very inspirational and uplifting book for cancer survivors to read and for anyone who would like to know what a person goes through in cancer treatment.

Great book! This book came out 3 weeks after I was diagnosed with the exact type of breast cancer that Joan had. It made me feel somewhat better to see that she was beating it. It also reinforced in me some choices that I made during my treatment (like getting a port!) Great read and very informative!

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