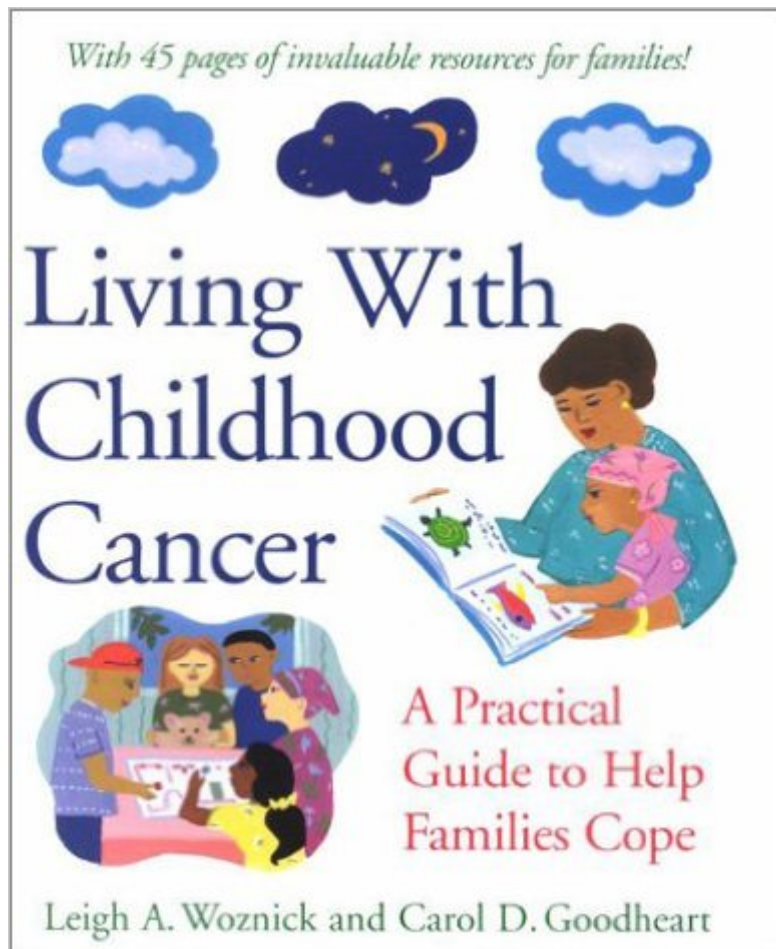


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# Living With Childhood Cancer: A Practical Guide To Help Families Cope



## Synopsis

This manual was written by two individuals who survived the stress of family cancer by mobilizing their resources and rebuilding their lives. Mother-daughter team Leigh Wolznick and Carol Goodheart draw on their own family's experience with cancer, as well as their professional expertise - one as a hospital counsellor and the other as a psychologist.

## Book Information

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## Customer Reviews

I highly recommend this book for parents of children with cancer. It provides precisely what the title promises: 'A practical guide to help families cope.' Unfortunately, this book was not available until my son was off-treatment for cancer; today, turning the pages of the book, I find the reading comforting, cozy . . . kind of like sitting down and talking with a good friend. The authors know what I felt during those first stressful years of treatment, and if I had had the book then, I would have felt both comforted and armed with methods to deal with the psychological turmoil that comes with hearing those words "your child has cancer". Woznick and Goodheart include useful chapters on relieving pain and side effects, encouraging child development during treatment, and building self-esteem in your child, as well as a chapter on dying and grieving. The book also has an excellent resource section, forty-four pages of annotated listings of helpful organizations, support groups, web sites, books, and videos.

This book is written by a parent and grandparent of a childhood cancer survivor and has many

quotations from other parents whose children have or had cancer. They've been there...they know what you are going through. Bulleted lists of quick tips and tricks are extremely helpful for busy parents who have little time for reading while in the throes of treatment. For those times when a parent finds they have too much time on their hands, like during admissions and while waiting umpteen hours in hospital waiting rooms, the book reads easily and is full of practical coping advice and resources. I only wish that this book had been available when my son was on treatment!

My son's friend was diagnosed 1 week ago with Leukemia. I am so thankful that I came across this book for this family. This book is a must have for anyone who is going thru this diagnosis. It is full of information, tips and inspirational quotes from everyday people who have experienced cancer first hand.

My daughter was diagnosed with Acute Lymphoblastic Leukemia a year ago, just before her 2nd birthday. Someone gave us this book during our first hospital stay and I certainly didn't have time to write a review then but just came about it now while browsing around for resources for friends. This is a great book. I'm not sure I've read the whole thing, I mostly jumped around to different chapters as I had time or when I had questions and wanted to get right to the certain topics. It was relatable and one of the best books we had. There are very few great resources out there, mostly because every cancer and every child is so different and therefore ever treatment, side effect, support network, coping mechanism and experience is as well, but this truly is probably the best book that we had if I could only give one book to any family at that dreaded time of diagnosis. There is little that fully eases that journey, it only can be done one day at a time, but this book does offer a bit more comfort, answers and understanding along the way for the readers among us. I was glad I had it and will keep it as an important reminder of what my daughter continues to overcome while her treatments continue, though luckily less intensely over the next two years.

This book is very readable, clear, informative, and thorough. An excellent resource for parents, family, friends, clinicians, support groups, and libraries. I am deeply grateful to the authors for their publication of such a wonderful resource! Jonah G. Sinowitz, DBSA Freehold Boro.

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