



# Surviving Cancer Emotionally: Learning How to Heal

*Roger Granet*

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## **Surviving Cancer Emotionally: Learning How to Heal** Roger Granet

Inspiration and Information to Help You Cope With the Emotional Effects of Cancer

Cancer changes our lives-physically and emotionally. The more you understand about your psychological reactions to cancer, the more effectively you can cope. In this powerful book, Dr. Roger Granet, a psychiatrist who specializes in the emotional side effects of cancer and its treatment, draws on two decades of experience as he explains what you can expect emotionally at each phase. Here's advice on:

- \* Dealing with the diagnosis
- \* Finding the coping style that's right for you
- \* Handling the many demands of treatment
- \* Knowing when to ask for help-and how to find it
- \* Surviving and coming to terms with a different you
- \* Handling the fear of recurrence

Written with compassion and clarity, *Surviving Cancer Emotionally* reveals how we can cope with a devastating illness and turn it into a positive catalyst for embracing life.

"Dr. Granet provides ways to help people heal emotionally as they cope with an illness that carries great fears with it. Patients and families will find this book a helpful companion as they undertake the cancer journey with all its twists and turns."-Jimmie Holland, M.D., Chairman, Department of Psychiatry, Memorial Sloan-Kettering Cancer Center

"Dr. Granet is a caring physician with a heart and soul, and an unusual gift for telling a story. This book should be read by anybody who has cancer, or who has a loved one with cancer."-Robert Michels, M.D., University Professor of Medicine and Psychiatry, Cornell University, and former Dean and Provost, Cornell University Medical College

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book are generally make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that.

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