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The Layman's Guide To Surviving Cancer: From Diagnosis Through Treatment And Beyond

Howard L. Bressler

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A diagnosis of cancer, life-changing for both patients and their loved ones, presents many questions: How will the disease and treatments affect you? What can you do to arm yourself for the battle? What roles do diet, stress, attitude and faith have on its progression? Perhaps most importantly: How do you and your loved ones maintain a sense of normalcy as you prepare for the unknown?

Receiving praise from some of the leading oncologists in the country, *The Layman's Guide to Surviving Cancer* addresses the physical, emotional, dietary, holistic and spiritual aspects of your diagnosis, each invaluable in achieving a healthy body and mind. Drawing on his experiences as a leukemia survivor, and his legal experience, Howard Bressler breaks down the practical issues of dealing with cancer, empowering you and your loved ones to defeat whatever challenges you may encounter on the journey ahead.

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