



Standing Up to Cancer Booklist

Created by: Carrie Kelley 9/2011



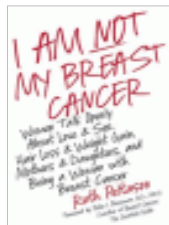
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Cancer Vixen: A True Story

By Marisa Marchetto

Call #: 362.196 Mar

Marchetto's graphic memoir of how just before she was to marry, she discovered a lump on her breast. Not only that, she didn't have any health insurance, but good thing she had lots of friends to get her through the ordeal. An uplifting and funny story about a scary subject.



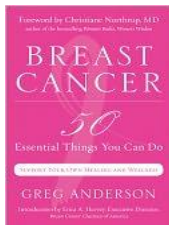
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I Am Not My Breast Cancer

By Ruth Peltason

Call #: 362.196 Pel

Women talk openly about love, sex, hair loss, weight gain, mothers and daughters, and being a woman with breast cancer.



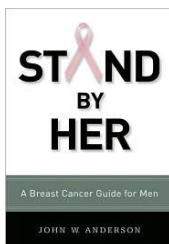
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Breast Cancer: 50 Essential Things You Can Do

By Greg Anderson

Call #: 616.994 And

The book that shows how to get well and stay well by understanding your diagnosis, determining your treatment, Creating physical, emotional and spiritual health and much, much more. This is a life-saving guide for anyone with breast cancer.



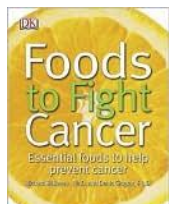
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Stand By Her: A Breast Cancer Guide for Men

By John Anderson

Call #: 616.994 And

An honest look, warts and all, from the care giver's/husband's point of view as Anderson's wife goes through her lengthy chemo treatment to her hair falling out and finally, recovery.



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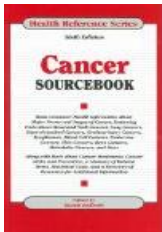
Foods to Fight Cancer

By Richard Beliveau

Call #: 616.994 Bel

Detailing the key foods that have been medically shown to be beneficial in both preventing and fighting cancer, this is the must-have resource for anyone looking to get healthy and stay that way.





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Cancer Sourcebook

By Karen Bellanir

Call #: 616.994 Bel

A practical guide to help women learn about breast, ovarian, and other cancers and how to prevent, detect, and cope with the diagnosis. Sort of a consumer's guide to treatments, hospitals and current research.



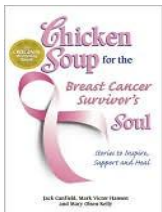
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The Breast Cancer Survivor's Fitness Plan

By Carolyn Kaelin

Call #: 616.994 Bre

Did you know that keeping fit, even while doing chemo, is your greatest defense against cancer or ever getting cancer again?



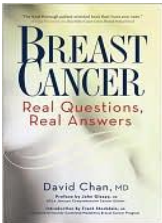
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Chicken Soup for the Breast Cancer Survivor's Soul

By Jack Canfield

Call #: 616.994 Can

Stories to support heal and inspire the cancer survivor or fighter.



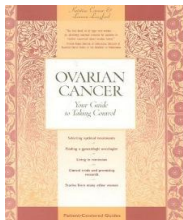
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Breast Cancer: Real Questions, Real Answers

By David Chan

Call #: 616.994 Cha

Answers to all questions you think of when you first hear the words, "You have breast cancer."



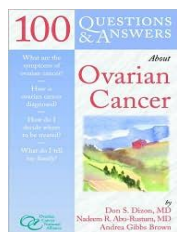
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Ovarian Cancer: Your Guide to Taking Control

By Kristine Conner

Call #: 616.994 Con

A comprehensive guide to ovarian cancer: the symptoms, the diagnosis, surgery, the stages and grades of the cancer, chemotherapy drugs and more.



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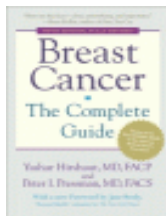
100 Questions & Answers About Ovarian Cancer

By Don Dizon

Call #: 616.994 Diz

Covers a wide range of topics, including ovarian cancer; risk factors, diagnosis, treatment and side effects; and strategies for coping with emotional and healthcare issues.





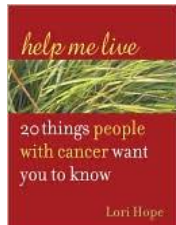
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Breast Cancer: The Complete Guide

By Yashar Hirshaut

Call #: 616.994 Hir

A very readable "guidebook" or handbook to help patients and their families understand all the steps involved in the treatment of breast cancer.



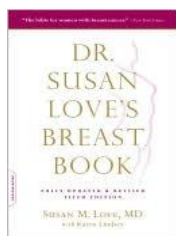
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Help Me Live: 20 Things People With Cancer Want You to Know

By Lori Hope

Call #: 616.994 Hop

When we hear that someone close to us has been diagnosed with cancer, we want nothing more than to comfort them with words of hope, support, and love. But sometimes we don't know what to say or do. With sensitive insights and thoughtful anecdotes, *Help Me Live* provides a personal yet thoroughly researched account of words and actions that are most helpful.



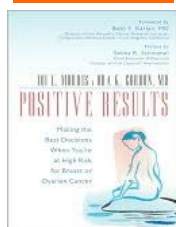
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Dr. Susan Love's Breast Book

By Susan Love

Call #: 616.994 Lov

Considered the Bible of breast cancer books offering a candid, comprehensive, well-written guide to the disease and the care and maintenance of its owner.



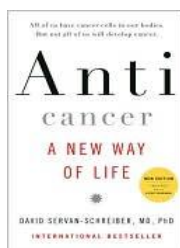
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Positive Results: Making the Best Decisions When You're at High Risk for Breast or Ovarian Cancer

By Joi Morris

Call #: 616.994 Mor

Discovering you are at risk allows you to make informed choices about lifestyle and medical interventions. But genetic information may still leave individuals overwhelmed. Learn from women who are coming to grips with the information about their future health.



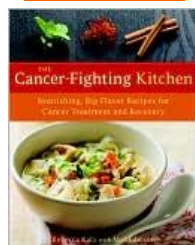
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Anticancer: A New Way of Life

By David Servan-Schreiber

Call #: 616.994 Ser

You are what you eat, and what you eat has a profound effect on your health especially if you have cancer. Simple, straight forward facts from the author/doctor.



Place hold

The Cancer Fighting Kitchen: Nourishing, Big Flavor Recipes

By Rebecca Katz

Call #: 641.563 Kat

A cookbook for cancer patients with more than 100 specially formulated recipes for their specific nutritional and appetite needs, featuring a step-by-step guide to nutritionally preparing for chemotherapy and radiation, and using powerhouse ingredients to create a cancer-fighting culinary toolkit.

