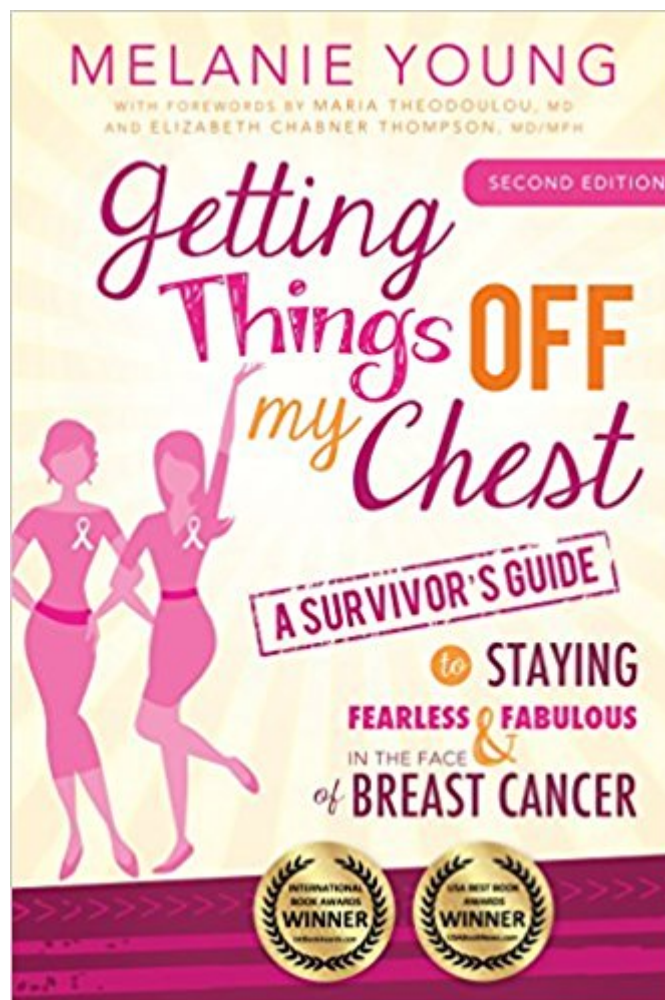




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# Getting Things Off My Chest: A Survivor's Guide To Staying Fearless And Fabulous In The Face Of Breast Cancer



## Synopsis

Charge head on into the battle with breast cancer, armed with these outstanding survivors' tips on how to stay sane, focused, and in charge. Written by a breast cancer survivor with expert insights, handy checklists and helpful questions to ask your doctors, all geared toward streamlining your new life. This detailed, upbeat book helps you make informed decisions, eat and exercise to stay strong, look and feel your best, eliminate stress and boost your spirits with positive thinking and a dose of humor. Don't let your cancer control you; empower yourself and ease the transition with this all-inclusive guide. This book is WINNER of the 2014 International Book Award for Cancer Health topics. "You may not have chosen to have cancer, but you can choose how you manage your treatment and treat yourself to stay strong, focused and healthy moving forward."

## Book Information

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## Customer Reviews

Library Journal Review: Sept 2013 Owner of a wine and food marketing and special events business, Young was diagnosed with breast cancer in 2009. She employs her skills as a traveler (studying guidebooks), event planner (making lists), businesswoman (noting the bottom line), and a human being (knowing when to be strong and when to ask for help), along with a healthy dose of humor, to cover the steps involved in approaching the disease and creating a plan to get through it. Lots of details and solid advice. Literary R&R November 3, 2013 If you know anyone that is facing breast cancer, run, do not walk, and purchase this for them! Written by a survivor, using other survivors' experience, and a healthy dose of humor, Ms. Young has written THE go-to book for breast cancer awareness. Anything, and everything, a patient needs to know is inside, and written in

a direct, informative text, without the medical journal feel.....There is not enough positive I can say, except I plan on purchasing these and handing them out to local hospitals so that they may have this resource on hand. 5 out of 5 stars! 5 out of 5 stars! Nationally Syndicated Television Show: Emotional Mojo: October 16, 2013 "You've totally reframed cancer and made it into something where you can live your life and just really experience every moment." Jada Jackson, Host, "Emotional Mojo" [emotionalmojo.com/staying-fearless-fabulous-face-breast-cancer/](http://emotionalmojo.com/staying-fearless-fabulous-face-breast-cancer/) Owner of a wine and food marketing and special events business, Young was diagnosed with breast cancer in 2009. She employs her skills as a traveler (studying guidebooks), event planner (making lists), businesswoman (noting the bottom line), and a human being (knowing when to be strong and when to ask for help), along with a healthy dose of humor, to cover the steps involved in approaching the disease and creating a plan to get through it. Lots of details and solid advice. --Library Journal Review If you know anyone that is facing breast cancer, run, do not walk, and purchase this for them! Written by a survivor, using other survivors' experience, and a healthy dose of humor, Ms. Young has written THE go-to book for breast cancer awareness. Anything, and everything, a patient needs to know is inside, and written in a direct, informative text, without the medical journal feel.....There is not enough positive I can say, except I plan on purchasing these and handing them out to local hospitals so that they may have this resource on hand. 5 out of 5 stars! --Literary R&R "You've totally reframed cancer and made it into something where you can live your life and just really experience every moment" - Jada Jackson, Host, Emotional Mojo --Emotional Mojo

I am author of *Getting Things Off My Chest: A Survivor's Guide to Staying Fearless & Fabulous in the Face of Breast Cancer* (Cedar Fort/Sept 2013). My story might be your story or a part of your story. I was a stressed-for-success globe trotting food and beverage PR executive who hobnobbed with famous chefs, organized glamorous culinary events and oversaw The James Beard Foundation Awards for many years. A diagnosis of Stage 2 breast cancer in late 2009 took me to a destination I wasn't prepared to visit: Cancer Land. I felt like Dorothy in the Land of Oz who just wanted to get home to safe Kansas. Brains, Courage, Love and a small dog named Chance helped me through my Year of Living Surgically and Chemically. The great "Oz" was my oncologist. I turned to writing to organize my thoughts and document the experience. *Getting Things Off My Chest* helps women turn fear into focus and provides handy checklists, survivor tips and expert insights to make the trip to Cancer Land less daunting. Today, I write and speak to women about taking charge of their health and well being and living without fear. My goal is to help women mentally reframe their breast cancer to boost self esteem, make smarter lifestyle decisions

and take the shame and fear out of the diagnosis. My message is: "While you did not choose to have cancer, you have many choices on how you want to be treated how to treat yourself."

A very thorough and well written how-to guide for dealing with breast cancer. This book is a must read for anyone diagnosed with this awful disease -- as well as for caregivers. Melanie Young gives the reader a terrific document to work from. It answers many questions, and arms the reader with the type of necessary information that will be vital for them as they move forward.

This book helped me so much!! I bought 5 and donated to my breast navigator. She is going to contact author and get more!!

Purchased for my friend going through chemo for breast cancer! She loved it; she related to most but not all. It was very helpful!!!

This book is wonderfully written. Insightful, funny and informative, it speaks to fighters, survivors and those of us who support and love them. Young shares important information with wit and grace while also giving full coverage to the proverbial things "that no one tells you". She gives hope in a very dark time and with her brave and sassy tone, paints a hopeful picture of a woman who not only survived but thrives.

Great book!! Helps you navigate when diagnosed with breast cancer. I must for all breast cancer patients.

Inspiring book with lots of helpful information.

most read and perfect book for a friend that is going through Breast Cancer.Thank you!

This book was a godsend for my wife and I during a very trying time, right before her double mastectomy. It was both highly informative and very comforting. It covered all the bases, answered just about all our questions, and resonated with everything we were feeling--the fears and insecurities. Highly recommended for anyone dealing with this life and death and quality of life challenge.

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