

Recommended Reading

- *Breast Cancer Survivorship Handbook* By: Judy C. Kneece, RN, OCN
- *Yoga for Cancer: A Guide to Managing Side Effects, Boosting Immunity, and Improving Recovery for Cancer Survivors* By: Tari Prinster
- *Men, Cancer, Sex* By: Anne Katz, PhD
- *Women, Cancer, Sex* BY; Anne Katz, PhD
- *Surviving After Cancer: Living the New Normal* By: Anne Katz, PhD
- *After You Ring the Bell: Ten Key Challenges for Cancer Survivors* By; Anne Katz
- *After Breast Cancer: A Common-Sense Guide to Life After Treatment* By: Hester Hill Schnipper, LICSW
- *Living With Cancer: A Step-by-Step Guide for Coping Medically and Emotionally with a Serious Diagnosis* By: Vicki A Jackson, MD, MPH and David P. Ryan, MD
- *The Silver Lining: A Supportive and Insightful Guide to Breast Cancer* By: Hollye Jacobs, RN, MS, MSW
- *The Cancer Survivor's Club* By: Chris Geiger
- *A Lucky Life Interrupted* By: Tom Brokaw
- *The Dog Lived (And So Will I)* By: Teresa J. Rhyne
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* By: Jon Kabat-Zinn, PhD
- *The Healing Circle: Integrating Science, Wisdom, and Compassion in Reclaiming Wholeness on the Cancer Journey* By: Rob Rutledge, MD & Timothy Walker, PhD
- *When Things Fall Apart* By: Pema Chodrin
- *Living Beautifully with Uncertainty and Change* By: Pema Chodrin

*Most of these books should be available at your local library or online. However, we do have several of these books available to check out at The Center for Cancer Care *