

A SURVIVOR'S GUIDE TO
KICKING
CANCER'S ASS



Donna Menden

A Survivors Guide To Kicking Cancers Ass

Page Tolbert, Penny Damaskos



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A Survivor's Guide to Kicking Cancer's Ass Dena Mendes, 2011-11-01 It's a ballsy move to look in the face of cancer and say I'm gonna kick your ass Yet Dena Mendes did just that and now she'll tell you how to do the same thing This book is a crash course in learning how to be your own advocate Empower yourself by using your intuition and newfound knowledge and you'll come through this difficult yet amazing health awakening opportunity with flying colors With this step by step guide at your side your journey will turn into a beautiful dance As Dena promises You'll get to turn yourself inside out and become someone new I guarantee that this is the best trip you'll ever take This guide is a life preserver that has been created to support you on your journey back to perfect health [Kicking Cancer's Ass](#) Robert Hawke, 2011-07 Kicking Cancer's Ass A Light Hearted Guide to the Fight of Your Life At any stage in the journey that is cancer this book is invaluable for patient and caregiver alike Sandi S Cancer Survivor Very thoughtful and humorous Excellent work Dr Andrew Matthew Department of Psychiatry University of Toronto Kicking Cancer's Ass A light hearted Guide to the Fight of Your Life is written for anyone going through cancer It contains valuable strategies information and insights about one of life's greatest challenges Robert Hawke draws on his experiences as a thyroid cancer survivor and on his background in comedy to deliver a helpful and humorous guide to getting through this disease Overflowing with tips helpful hints and humour Kicking Cancer's Ass can help you Get more out of your health care professional Set up your support system so it serves you best Deal with the 4 AM blues Stay connected with yourself and those around you Make simple choices that will help you be more healthy in the future Learn strategies for recovery that your doctor might not even know A Message from the Author During recovery I asked myself If I had a friend or family member who was going to go through the experience of having cancer what would I tell them What would I want them to know to make this journey easier Kicking Cancer's Ass A Light Hearted Guide to the Fight of Your Life is the answer to that question This book's journey began more than 5 years ago In fact when I was diagnosed with cancer at a young age yes I thought 39 was young I had no idea what to expect Oh sure I knew that my health would be affected by this disease but I didn't know how I also didn't know that cancer would change virtually every area of my life at least temporarily I went into these experiences without much in the way of preparation and stumbled through with the help of family and friends Along the way I learned how to get through it one step at a time I hope you find this useful and I wish you well on your journey Many of us have gone through it and we wish you all the courage knowledge and support that you need in the days ahead Best Wishes Rob As a bonus Hawke has included Kicking Cancer's Ass A Guide for Caregivers These 3 bonus chapters are specifically written for loved ones who are looking after people going through cancer They contain valuable strategies and insights to make this part of the journey easier 30% of us will be diagnosed with cancer at some point in our lives We need to help ourselves and each other as much as we can About the Author Robert Hawke has worked as an actor and writer for more than 20 years Much to his surprise he was diagnosed with thyroid cancer and was

successfully treated 8 months later During his recovery Robert collaborated and starred in the successful one man show NormVsCancer A Terminally Funny One Man Show which he performed in Los Angeles Toronto and off Broadway in New York Robert is the first patient to become an active member of the Centre for Innovation in Complex Care CICC an interdisciplinary group committed to positive sustainable changes in health care at Toronto's University Health Network UHN Robert is co lead of the CICC's Patient Empowerment Program whose mission is to create and deliver unique education and empowerment tools to persons living with cancer His work was praised in the Ontario Legislature by the Hon Deb Matthews Minister of Health in the spring of 2010 Robert is an alumnus of famed comedy troupe The Second City performing across Canada and internationally in the Second City National Touring Company He shared in a Canadian Comedy Award for the fully improvised musical Showstopping Number and shared in a Gemini Nomination for television writing He lives in Toronto with his terrific wife and remarkably small dog

[Kick Cancer's Butt!](#) Dianne Terry,2019-05-22 Kicking cancer's butt one survivor at a time Cancer sucks That's just the way it is Now it's your battle too Facing the overwhelm of a diagnosis it's hard to imagine what your life is going to be like over the next months as you fight for you life your future your dreams This journal is your first step It is packed with quotes to inspire pages for journaling and even coloring pages for your down time during treatments But the best part is the organization that it will bring to your life Everything you need is wrapped in one book Your medical history Medications Insurance information Your doctors and hospital contact information Notes from office visits and test results And so much more This journal is all you need when you head for the next doctor's appointment chemo or radiation treatments It's also great for caregivers since everything is in one place This is the complete cancer survival journal to help YOU kick cancer's butt

[Kicking Cancer's Ass](#) Steve Sarns,2020 When Steve Sarns learned he had a fast growing malignant tumor growing in his ethmoid sinus between his left eye and nose he went into fight mode He bought a boxing glove that he wore to every chemo and radiation treatment and he created an environment that kept everyone around him upbeat and living in the moment In this inspirational and enthusiastic recounting of his battle with cancer Steve advises readers to approach cancer treatment with everything we know about healthy practices exercise positivity humor music social engagement faith and a will to win This fast paced read offers practical tips for the newly diagnosed family members and anyone preparing to kick cancer's ass

Successful Survivor Guide Kat Davis,2018-03-29 Encouraging daily devotional for women dealing with cancer Written by three time breast cancer survivor Kathryn Kat Davis

Survivor's Guide to Chemo Deborah Waun,Deborah Waun MA LPC BCPCC,2009 During her recovery from surgery and chemotherapy for ovarian cancer in August of 2007 Deborah Waun wrote this book as a form of therapy for herself and to help others going through similar situations

[My Cancer Journey](#) Dianne Terry,2019-02-25 Kicking cancer's butt one survivor at a time Cancer sucks That's just the way it is Now it's your battle too Facing the overwhelm of a diagnosis it's hard to imagine what your life is going to be like over the next months as you fight for you life your future your dreams This

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