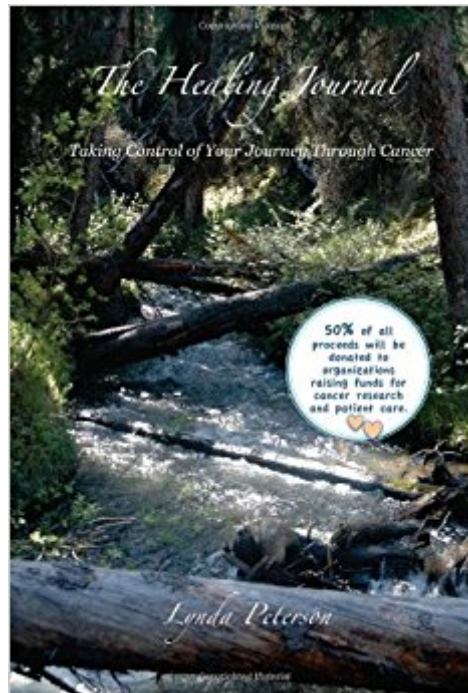


The book was found

The Healing Journal: Taking Control Of Your Journey Through Cancer



Synopsis

A 'must have' for any family facing a cancer journey! This comprehensive & unique journal was written specifically for cancer patients and their caregivers. It begins with My Story, the author's own journey, complete with the thoughts and raw emotions of an individual fighting to come to terms with, and learning to embrace life with cancer. A Journal section follows, with quotes of healing, faith and hope intended to inspire and bring strength to the user as they reflect and move through their own journey. The Healing Journal: Taking Control of Your Journey Through Cancer continues with sections designed to enable the user to keep track of all the details that will suddenly become important in their lives: Appointments, Medical history, Treatment Journal, Travel Arrangements, Contacts and more. Also included are Healing Strategies for taking control of those parts of the healing process that do not involve medical science such as diet, relaxation, relationships, exercise, wigs etc. all with useful references and practical advice. Patients and caregivers who use this journal will find it to be a functional and invaluable tool in their journey through cancer. Key Features: * 50% of the proceeds are being donated to organizations and agencies involved in cancer research and patient care. * Photo pocket inside the front cover * File pocket inside the back cover * Full color tabbed dividers making it easy to switch between sections.

Book Information

Spiral-bound: 210 pages

Publisher: Lynda Peterson; 1st edition (December 16, 2011)

Language: English

ISBN-10: 0986903205

ISBN-13: 978-0986903205

Package Dimensions: 8.9 x 6 x 0.8 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 4.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,558,762 in Books (See Top 100 in Books) #52 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic](#) #181 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Prostate Disease](#) #941 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer](#)

Customer Reviews

2012 International Book Awards Winner - Health: Organizers & Planners & Finalist - Self Help: Journal & Quotes --International Book Awards
The Healing Journal, Taking Control of Your Journey

Through Cancer, by Lynda Peterson is a well-written and organized book that will encourage cancer victims to live their lives to the fullest extent possible as they travel the paths of their healing journeys. The author tells her story in an inspiring, unique, and wonderfully honest way, expressing the varied range of emotions she felt during her two separate battles with cancer. Both times, her husband, children, other family members, and faithful friends supported the author through each step of the healing processes. Today she is cancer-free and doing all she can do to help others who have been given a diagnosis similar to the ones she received. Because Lynda Peterson dispenses much wisdom regarding her illnesses, not only to patients, but also to caregivers, this book has more than one targeted audience. From my own personal experience, I believe it would be a practical resource for any individual who is suffering from any type of life-threatening illness. In the initial section of her book, Peterson tells the personal story of her illnesses and subsequent treatments in a way that kept me mesmerized. Readers will feel as though they share her journey as she describes the doctors visits, the chemotherapy, an autologous stem cell transplant, her fears, her victories, and her coping methods. Just like my neighbor who is fighting lung cancer, she preferred scarves to wigs when she lost her hair. The intimate details of her experiences will make the hearts of readers respond to her emotionally and respect her for never giving up. That is the theme of this book: Never Give Up! The remaining sections of this beautifully illustrated and designed book with a layout including colored tabs make it easy for readers to have instant access to any of the planning information that is needed at the time. Only someone who has taken this journey could have put together such all-inclusive information within the 210 bound pages. Whether needing a record of one's medical history or entry space for a to do list, important travel data, vital contacts, etc., a copy of The Healing Journey should accompany the patient everywhere he or she goes. It will prove to be invaluable! There is also a photo pocket in front of the book and a prescription and business card pocket in the back for added convenience. How often have most of you lost an important business card with a specialist's address and telephone number? It is my privilege to give this book my highest recommendation. If you are on this same journey, the words written by this author will encourage you along the way. Also, I want to note that 50% of all proceeds from this book will be donated to organizations raising funds for cancer research and cancer care. Having lost a mother, father-in-law, and mother-in-law to lung cancer, this is very important to me and should be to all readers. --Bettie Corbin Tucker For Independent Professional Book Reviewers

--Bettie Corbin Tucker For Independent Professional Book Reviewers

The Healing Journal, Taking Control of Your Journey Through Cancer, by Lynda Peterson is a well-written and organized book that will encourage cancer victims to live their lives to the fullest extent possible as they travel the

paths of their healing journeys. The author tells her story in an inspiring, unique, and wonderfully honest way, expressing the varied range of emotions she felt during her two separate battles with cancer. Both times, her husband, children, other family members, and faithful friends supported the author through each step of the healing processes. Today she is cancer-free and doing all she can do to help others who have been given a diagnosis similar to the ones she received. Because Lynda Peterson disburses much wisdom regarding her illnesses, not only to patients, but also to caregivers, this book has more than one targeted audience. From my own personal experience, I believe it would be a practical resource for any individual who is suffering from any type of life-threatening illness. In the initial section of her book, Peterson tells the personal story of her illnesses and subsequent treatments in a way that kept me mesmerized. Readers will feel as though they share her journey as she describes the doctors visits, the chemotherapy, an autologous stem cell transplant, her fears, her victories, and her coping methods. Just like my neighbor who is fighting lung cancer, she preferred scarves to wigs when she lost her hair. The intimate details of her experiences will make the hearts of readers respond to her emotionally and respect her for never giving up. That is the theme of this book: Never Give Up! The remaining sections of this beautifully illustrated and designed book with a layout including colored tabs make it easy for readers to have instant access to any of the planning information that is needed at the time. Only someone who has taken this journey could have put together such all-inclusive information within the 210 bound pages. Whether needing a record of one's medical history or entry space for a to do list, important travel data, vital contacts, etc., a copy of The Healing Journey should accompany the patient everywhere he or she goes. It will prove to be invaluable! There is also a photo pocket in front of the book and a prescription and business card pocket in the back for added convenience. How often have most of you lost an important business card with a specialist's address and telephone number? It is my privilege to give this book my highest recommendation. If you are on this same journey, the words written by this author will encourage you along the way. Also, I want to note that 50% of all proceeds from this book will be donated to organizations raising funds for cancer research and cancer care. Having lost a mother, father-in-law, and mother-in-law to lung cancer, this is very important to me and should be to all readers. --Bettie Corbin Tucker For Independent Professional Book Reviewers

Lynda Peterson was born in South Africa and lived there until the age of 8 when her family emigrated to Canada. At the age of 9 the family settled in Vancouver, BC where she finished school and attended the University of British Columbia to attain her teaching degree. In 1985 she moved to

Whitehorse, Yukon with her husband Ross where they raised their two children and still live today. She is passionate about the outdoors and loves to go hiking, canoeing and traveling. Whether it's backpacking around the globe or camping by a lake, she loves to explore.

Like it, don't love...would give this a love if it had lined paper for MY story, instead it has blank papers, which allows the writer to write just across the page, either slanting up or down the page.(which I would do)...My one criticism.

This gem of a book is a long-overdue weapon in the cancer patient's arsenal. It is a convenient size - 6" X 9" - which fits easily into a handbag. There are pockets for photos of your loved ones, and for prescriptions, and the different sections: Healing Strategies, Appointments, Medical History, Contacts, etc., are easy to locate, even when suffering from 'chemo brain', thanks to the coloured tabs: everything in its place and a place for everything! The spiral binding is so helpful in keeping the book open at the right place, and each is beautifully illustrated with photos taken by the author, her family, and friends. The inspirational verses scattered throughout the book give a good sense of the author's positive and tenacious attitude which enabled her to 'fight the good fight' and succeed in beating this awful disease a second time. Out of the bitter lemons of her experience she has made a very inspiring and empowering pitcher of lemonade for all those who must walk the same path. I highly recommend this compact journal as a gift for anyone who has been diagnosed with cancer, or for their caregiver.

Lynda Peterson has created a great resource for those diagnosed with cancer. This journal will be a source of support for the patient, family members and caregivers from the point of diagnosis and all steps through the cancer journey. Patients and caregivers who use this journal will find it provides structure during a chaotic time. This journal allows the patient to take control of their diagnosis and provides inspiration and strength for all those involved in the journey.

It's a beautiful book, I have yet to see a journal so nice to look at and to touch, while still having all the necessary parts to make it practical and useful. I read your 'story', I want say that I am sorry for all you've had to endure. You helped me to understand how truly difficult the cancer journey is, and how a person can find resilience and strength. Your story is filled with hope and determination.

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Treatment, Diet, and Nutrition CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) The autobiography of my healing from cancer: The true story of my healing from burst breast cancer, lymphoma, bone and pleural metastases without chemotherapy, radiotherapy or any operations.

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