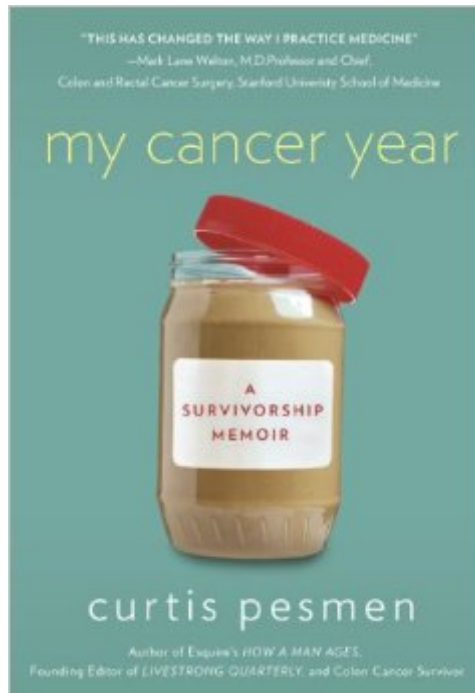


The book was found

My Cancer Year: A Survivorship Memoir



Synopsis

In MY CANCER YEAR, Curtis Pesmen, a veteran health journalist and book author, chronicles his successful fight with advanced colon cancer in a brutally honest and illuminating memoir. Through this moving account--which takes the reader through his initial shock of diagnosis, through treatment, experimental surgery and finally recovery--Pesmen's insights and experiences cast light on how to manage the challenges of cancer people don't like to talk about. This intimate memoir of a successful fight helps the fast-growing group of survivors--as well as family and friends--put cancer in its place while moving forward with the power of new knowledge.

Book Information

Paperback: 180 pages

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Language: English

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Product Dimensions: 5.5 x 0.6 x 7.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #3,060,902 in Books (See Top 100 in Books) #80 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal](#) #26167 in [Books > Self-Help > Motivational](#) #39802 in [Books > Self-Help > Personal Transformation](#)

Customer Reviews

Excellent written with discipline, humor and restraint, this book is a humbling reminder that carefree good health can be felled in an instant. Life is always a fragile mirror to its opposite. I was fascinated to read how the author coped with the permanent body change--a huge adjustment--which he relates with grim and gritty candor. I was aware, however, that Pesmen did have the safety net of a comfortable income. How different would the situation have been for someone who has to live from paycheck to paycheck? But I hasten to add that is a comment on the stupid healthcare system in this country, rather than on the author.

I appreciate how honest and clear this book is about what happens from the moment of the diagnosis and through the course of treatments. So many have been on this journey. It helps to have a guide like this - funny (at times) but clear headed.

Having had colon cancer myself and looking at the author's credentials, I was eagerly awaiting this book from the library. I skimmed through it in one evening and was disappointing. The author suffered horribly -- chemo, radiation, surgery to remove his entire colon, then more chemo. He went through MUCH more than I did, but I never felt any depth in this book. It seemed like the text from his wife's diary was used almost as "filler" and the last two chapters as well. I didn't get much of a sense of what it was like with his having cancer in terms of his thoughts, concerns and physical problems. I actually got more of a sense of what cancer was like through reading the book written by Patrick Swayze's wife on his cancer. Maybe the fact that it was written 10 years after the cancer made a difference. I definitely wouldn't recommend this book to anyone who wants to know what colon cancer treatment is like (and the treatment that he went through is also now 10 years out of date)

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: Colorectal Cancer [The Breuss Cancer Cure: Advice for the Prevention and Natural Treatment of Cancer, Leukemia, and Other Seemingly Incurable Diseases (Bantam) Breuss, Rudolf (Author)] { Paperback } 1998 Living And Thriving With Lung Cancer (Living And Thriving With Cancer)

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