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The Create Your Own Cancer Path Workbook

By Paulette Kouffman Sherman

Parachute Jump Publishing. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.8in. x 8.0in. x 0.5in. The Create Your Own Cancer Path Workbook is a workbook to help cancer patients keep track of their personal experience and story as they go through a most challenging treatment year. It is a journalworkbook with ideas, springboards and exercises so that they can remember how they got through everything, what and who inspired them, the lessons they learned, and other personal notes. They can use this workbook as a template for writing and publishing their own story later, if they wish. This can also be a legacy for their children, grandchildren, and great-grand children to learn from their story. I found writing to be very therapeutic when I was going through treatment for breast cancer and research shows that there are many benefits to cancer patients from journaling and leaving a legacy behind. Becoming the heroine of your cancer story allows you to reflect on what youve learned, what worked and didnt work for you, where you could grow, the characters in your life and other relevant issues. It encourages you to take control over your life and story. This workbook has 38 exercises...



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