



# **Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor**

*Barbara Tako*

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# Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor

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## **Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor** Barbara Tako

Hearing the words “You have cancer” can be devastating—some cancer patients even say that the emotional pain and loss of certainty from hearing this are worse than the pains from the cancer, surgeries, radiation, chemotherapy, and other treatments. This is the intimate journey of a melanoma and breast cancer survivor who honestly, and sometimes even humorously, shares her own story and offers supportive emotional tools to help people diagnosed with cancer, and their loved ones and caregivers, work through the emotional pain and upheaval of a cancer diagnosis. You will be supported in knowing what it feels like to hear you have cancer and be given a variety of helpful ideas to start feeling better whether you are newly diagnosed, in treatment, or months or years after treatment. If you are a caregiver, friend, or family member who wants to help, you will get a better understanding of the cancer experience as well as tools to help the person you care about.

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