

## **After Breast Cancer: A common-sense guide to life after treatment**

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Many breast cancer patients discover that their life does not go back to “normal” after treatment ends. *After Breast Cancer* is a comprehensive resource that will help you rediscover your capacity for joy as you move forward into the future – as a survivor. Hester Hill Schnipper, uses her personal and professional experience as an oncology social worker and a breast cancer survivor, to guide women through practical issues including:

- Transitioning from treatment to no treatment
- Coping with lingering sides effects such as fatigue, pain and hot flashes
- Dealing with the fear of recurrence
- Regaining control of your life
- Coping with financial and professional issues
- Understanding if genetic testing is right for you
- Handling changing relationships with your partner, your parents, your children and your friends

Susan Love, MD and author of *Dr. Susan Love's Breast Book* says, “If my book is the one you buy when you are diagnosed with breast cancer, this should be the one you purchase as you finish treatment. It will help you transition from the last chemotherapy/radiation treatment and help you to reclaim your life”.

*After Breast Cancer: A common-sense guide to life after treatment* is available in the Breast Cancer Resource Center Resource Library.