



Empowered Journey through Cancer: Learn the Nitty Gritty to Prepare and Execute Your Combat Plan

Stephanie Carrothers RPh

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The first step in becoming your own advocate is to start assembling your personal team... These are the people that you're going to have to count on to help you through this whole process.


When the diagnosis is cancer, it's hard to think about what comes next. But Stephanie Carrothers's *Empowered Journey Through Cancer* manages to provide both comfort and advice for those who find themselves in that situation. The author, a registered pharmacist with over a decade of oncological experience, clearly and compassionately explains exactly what it takes to get the help you need.

After receiving her husband's cancer diagnosis, Carrothers quickly realized the need for a comprehensive guide that caters to others in her situation and answers the question of "now what?"

Readers will find suggestions on a variety of cancer-related topics, such as how to live with the physical and emotional effects of cancer and chemotherapy, how to build a personal and professional team of support, and how to combat the prevalence of malnutrition during treatment.

In addition to receiving tips on choosing a place for treatment, coping with oncology visits, and more, audiences will ultimately learn the importance of asking for help during this incredibly difficult time.

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Gilbert Phillips:

Is it an individual who having spare time and then spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This Empowered Journey through Cancer: Learn the Nitty Gritty to Prepare and Execute Your Combat Plan can be the reply, oh how comes? A book you know. You are so out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

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