



The Breast Cancer Journey: Stories of Hope with Action Items for Survival

Lucinda C. West, Pamela J. Schlembach

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This book yearns to be written in. Mark it. Highlight it. Underline key phrases. Write in it. Dog-ear your favorite stories. Draw a picture. Put your name in it. Whatever your comfort level, just do it!

Journaling is good for the soul, with proven mental health and emotional benefits. A “yearbook” page is provided at the end of each story where you can write about your day, or list questions for your doctors. Yearbooks are memory books. They remind us of meaningful experiences and provide a commentary on our relationships with others.

The contributors in *The Breast Cancer Journey* have openly shared their personal stories as a means to help others who are going through a similar trial. They have passed on messages of hope and encouragement for support. Simple action items are suggested to provide you with daily motivation, with prompts for your journal. Our desire is for your life to be enriched as you go through this difficult time. As you read and write, you are becoming a coauthor in *The Breast Cancer Journey*.

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