



Strength and Inspiration

Patient Education Resource Center (PERC)

Information Guide

Books

- Buchholz, William M.; Buchholz, Susan W. **Live Longer, Live Larger: A Holistic Approach for Cancer Patients and Their Families**. Sebastopol, CA: O'Reiley, 2001.
- Caruso, Joe. **The Power of Losing Control: Finding Strength, Meaning and Happiness in an Out of Control World**. New York, NY: Penguin-Putnam, 2003.
- Cotter, Arlene. **From this Moment On: A Guide to Those Recently Diagnosed with Cancer**. New York, NY: Random House, 1999.
- Geffen, Jeremy. **The Journey Through Cancer**. New York, NY: Crown Publishers, 2000
- Granet, Roger. **Surviving Cancer Emotionally: Learning How to Heal**. New York, NY: John Wiley & Sons, Inc, 2001
- Hersh, Stephen P. **Beyond Miracles: Living with Cancer: Inspirational and Practical Advice for Patients and Their Families**. Lincolnwood, IL: Contemporary Books, 1998.
- Kabat-Zinn, Jon. **Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness**. New York, NY: Delta Trade Paperbacks, 1990.
- Siegel, Bernie S. **How to Live Between Office Visits: A Guide to Life, Love and Health**. New York, NY: Quill, 2001.

Biographies

- Armstrong, Lance. **It's Not About the Bike: My Journey Back to Life**. New York, NY: G.P. Putnam's Sons, 2000.

The purpose of this information guide is to direct patients and health care professionals to sources of information on cancer and related topics, it does not constitute an endorsement of the information contained in the resources. This list is not meant to be comprehensive, but rather to provide starting points for Information seeking.

All listed materials can be found at the Patient Education Resource Center of the University of Michigan Comprehensive Cancer Center in room B1-361. An online version of this document can be found at:
<http://www.cancer.med.umich.edu/learn/percpathways.htm>

- Barrie, Barbara. **Don't Die of Embarrassment: Life After Colostomy and other Adventures.** New York, NY: Scribner, 1999.
- Hamilton, Scott. **Landing It: My Life On and Off the Ice.** New York, NY: Kensington Books, 1999.
- Radner, Gilda. **It's Always Something.** New York, NY: Avon Books, 1990.
- Rodgers, Joni. **Bald in the Land of Big Hair: A True Story.** New York, NY: Harper Collins Publishers, 2001
- Sternberg, Susan W. **Year of Miracles.** Ann Arbor, MI: Star Mountain Press, 1995.
- Walker, Laura Jensen. **Thanks for the Mammogram!: Fighting Cancer with Faith, Hope and a Healthy Dose of Laughter.** Grand Rapids, MI: Fleming H. Revell, 2000.

Audiotapes

- Audiotapes and cd's by Bernie Siegel, Deepak Chopra, Wayne W. Dyer, Herbert Benson, Andrew Weil and others **focus on finding hope and inspiration in the shadow of an illness.**

Videotapes

- Bognar, David and Le, Shan, Lawrence. **Cancer: Increasing Your Odds for Survival: Parts 1 & 2.** Hartford, CT: New Way Productions, [1998].
A four part series includes one hour segments on: diagnosis and empowerment, treatment, mind/body interventions and spirituality and mortality.

Web Resources

- **Cancer Survivors Network** <https://www.acscsn.org/>
The American Cancer Society's online community for people whose lives have been touched by cancer, offers strength and inspiration from personal stories, discussions and expressions of caring.
- **LIVESTRONG** <http://www.livestrong.org>
Provided by the Lance Armstrong Foundation this site includes information and personal stories dealing with cancer survivorship. The LIVESTRONG Survivorship Notebooks may be ordered free of charge on the site. The notebooks offer an easy way for cancer survivors and their caregivers to access and keep important survivorship information. (Shipping and handling charges apply).

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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