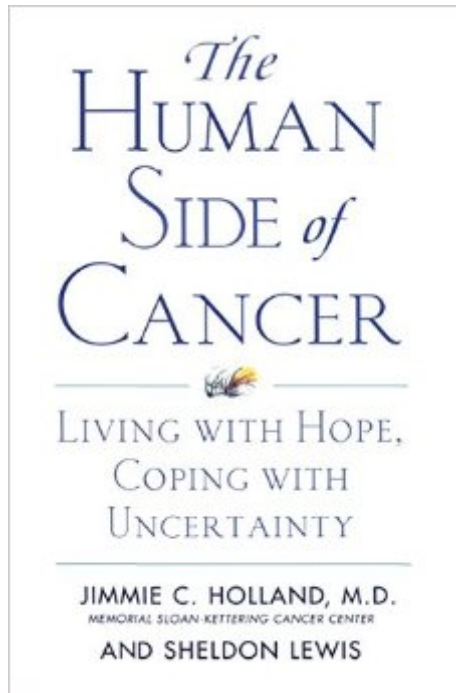


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# The Human Side Of Cancer: Living With Hope, Coping With Uncertainty



## Synopsis

For more than twenty years, Dr. Holland has pioneered the study of psychological problems of cancer patients and their families -- whom she calls "the real experts." In *The Human Side of Cancer*, she shares what she has learned from all of them about facing this life-threatening illness and what truly helps along the cancer journey. This book is the next best thing to sitting in Dr. Holland's office and talking with her about the uncertainty and anxiety elicited by this disease. And it is a book that inspires hope -- through stories of the simple courage of ordinary people confronting cancer.

## Book Information

Paperback: 368 pages

Publisher: Harper Perennial; Reprint edition (October 2, 2001)

Language: English

ISBN-10: 006093042X

ISBN-13: 978-0060930424

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #260,773 in Books (See Top 100 in Books) #83 in [Books > Medical Books > Psychology > Physiological Aspects](#) #115 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects](#) #410 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer](#)

## Customer Reviews

This book comes highly recommended. It seeks to instill a feeling of acceptance and comfort for distressed cancer patients. The author discusses how to cope with difficult emotions in all stages of cancer, from initial diagnosis and onwards. As a doc working with cancer patients myself, I cannot overstate the importance of Dr Holland's message. For example, one of her points that really stood out for me was the idea that negative emotions cannot cause the cancer. Some people do worry that they must always remain positive, even if they have to fake it. Not true...being real and honest is far more important...having occasional negative thoughts and feelings is normal and does not make the cancer worse. Dr. Holland presents these ideas in one of the most non-judgmental ways you will ever read. The reason I only give it four stars is due to my personal bias toward a holistic perspective. The author presents a conventional approach to cancer. She does not give adequate

merit to the effectiveness of natural ways to control swaying emotions, instead guiding readers directly to pharmaceuticals. In addition, her use of the food pyramid as a way to guide readers to proper nutrition is outdated. For this type of information, readers should choose other books. Overall an excellent read for anybody dealing with cancer, directly or indirectly. I recommend it to my own clients. Genuine compassion in the medical system is in short-supply these days...Dr Holland gives us a healthy dose.

When I was facing my husbands diagnosis of prostate cancer I had to deal with many aspects of life and psychology discussed in this book. It validates the way I handled myself, I wish this book existed when I was going through it. No doubt it will aid many through the difficult and lonely transition from suspicion, diagnosis, to treatment and cure. A must have.

The word cancer stops you in your tracks. This book shares feelings and concepts with intelligence and humanity. Bravo to the author and those who have inspired him. I only wish this book was out five years ago when my husband was diagnosed with cancer.

Since my diagnosis I've received tons of books. This one is by far the most helpful in understanding what is going on with me & everyone else. It is the only book that talks about when & how to tell others, what the side effects are of all the testing, etc. I liked it so much I bought a copy for my therapist for her to use with other patients like me.

This is one of the few books I can imagine my mother reading. She was recently diagnosed with advanced ovarian cancer and I ordered this book (and a couple others) to help my understanding of the emotional aspects of the disease and treatments. My mother generally escews "self-help" type books and outside help such as counseling. But this book is matter-of-fact and is presented in a way that respects individual differences and styles. It's not full of "touchy feely" (Mom's phrase) jargon but does address psychological issues effectively. Mom might actually find this one helpful, as I have. One weakness I found was the short section on ovarian cancer -- it addresses mostly fertility and sexuality issues -- the first doesn't apply to the older woman and the latter may or may not -- the writer seems to miss the boat on this type of cancer in the older woman. Overall, though, a helpful book.

I work with cancer patients in a major cancer center, and would highly recommend this book. Dr.

Holland has written a book that can benefit both patients and professionals. Rather than pushing a "Pollyanna Positive" approach to coping with a cancer diagnosis, Dr. Holland suggests that a realistic approach that includes BOTH the acceptance of uncertainty and hope for the future is most helpful. I have shared this book with several patients as well as several other professionals, and all have agreed that this is a "must-read" book for anyone looking for help in coping with cancer.

As a breast cancer fighter-- I so wished this book had been recommended to me from the start-- and also wish ALL drs were instructed to read it before they attempt to treat anyone with cancer. I could relate with so many topics and issues-- was helpful to know I am not alone in my feelings -- from anxiety to fear- to just wanting someone to listen. Should Be A MUST READ -- and the service was great too-- Thanks all the way around!

This book contains what seems to be very good advice for anyone facing cancer - whether it is a family member or themselves. It is written in a calm and heartfelt manner. It has helped me to connect. I know I cannot know what it must be like to receive news that one has cancer. This book has helped.

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