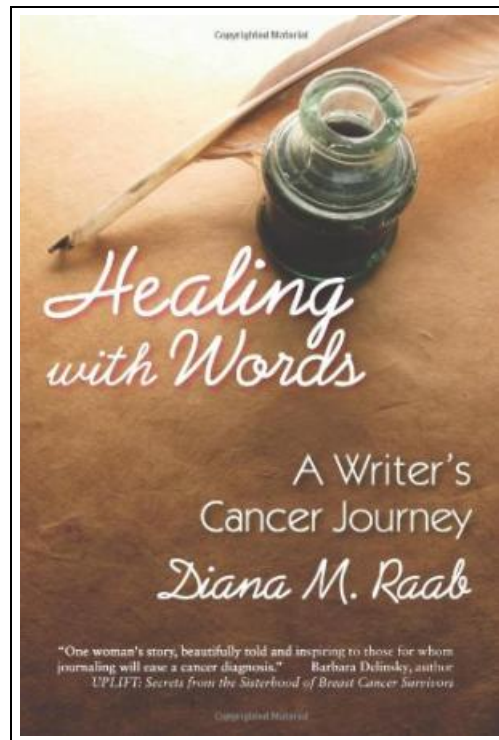


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HEALING WITH WORDS: A WRITER S CANCER JOURNEY



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Loving Healing Press, United States, 2010. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****. Healing With Words: A Writer s Cancer Journey is a compassionate and wry self-help memoir written by an award-winning prolific author, nurse and poet, who at the age of forty-seven found her life shattered first by a DCIS (early breast cancer) diagnosis and five years later by another, seemingly unrelated and incurable cancer--multiple myeloma. The book includes the author s experiences, reflections, poetry and journal entries, in addition to writing prompts for readers to express their own personal story. Raab s journals have provided a safe haven and platform to validate and express her feelings. Raab views journaling to be like a daily vitamin--in that it heals, detoxifies and is essential for optimal health. Readers will learn to: Understand the importance of early cancer detection and how to take control of their own health Discover the power of writing to release bottled-up emotions Learn how the process of journaling can facilitate healing See how a cancer diagnosis can be a riveting event which can renew and change a person in a unique way Praise for Raab s Healing With Words One woman s story, beautifully told and inspiring to those for whom journaling will ease a cancer diagnosis. --Barbara Delinsky, author UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors Time after time, Diana articulates incisively the thoughts and feelings that convey hoped-for meaning and encouragement. She is a woman who knows what it is to live fully in the face of mortality. She will add value to the life of every person who reads this book. Healing With Words resonates at a spiritual level for me. --Sena Jeter Naslund, author of Ahab s Wife...



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