

## Hunterdon Regional Cancer Center Patient Resource Library Resource List by Topic

### Cancer-Specific

#### *Bladder*

Frankly Speaking About Lung Cancer – The Wellness Community\*  
Special Focus on Small Cell Lung Cancer\*  
What it is you need to know about Bladder Cancer\*

#### *Bone Metastasis*

Quick Facts: Bone Metastasis ACS

#### *Brain*

100 Questions & Answers: About Brain Tumors  
Brain Tumors: Leaving the Garden of Eden Paul Zeltzer

#### *Breast*

100 Questions & Answers: About Breast Cancer  
A Woman's Guide to Healing from Breast Cancer Nan Lu  
Breast Cancer: Clear & Simple ACS  
Dr. Susan Love's Breast Book Susan Love, MD  
For Women Facing a Breast Biopsy\*  
Journal: A Mother & Daughter's Recovery from Breast Cancer Lynn Redgrave  
Portraits of Hope: Conquering Breast Cancer Sherrill  
The Breast Cancer Treatment Survival Handbook: Hope is Contagious Margit Porter  
The Patient Active Guide to Living with Advanced Breast Cancer The Wellness  
Community\*  
What To Do If You Get Breast Cancer : Two Breast Specialists Komarnicky &  
Help You Take Charge and Make Informed Choices Rosenberg  
Your Breast Cancer Treatment Handbook 4<sup>th</sup> Edition Kneece

#### *Colorectal*

100 Questions & Answers: About Colorectal Cancer  
Complete Guide to Colorectal Cancer ACS  
Living with Colon Cancer: Beating the Odds Livingston  
New Discoveries: Colorectal Cancer – The Wellness Community\*  
Positive Options for Colorectal Cancer: Self Help and Treatment Carol Ann Larson

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*Revised April 2008*

<p><b><i>Esophageal</i></b>            100 Questions &amp; Answers: About Esophageal Cancer            Cancer of the Esophagus*</p>	
<p><b><i>Head &amp; Neck</i></b>            Autobiography of a Face</p>	Lucy Grealy
<p><b><i>Hodgkins</i></b>            Understanding Hodgkins Disease*</p>	
<p><b><i>Kidney</i></b>            100 Questions &amp; Answers: About Kidney Cancer            Nothing to Fear: The Key To Cancer Survival</p>	L. Burkett
<p><b><i>Larynx</i></b>            What it is you need to know about cancer of the Larynx*</p>	
<p><b><i>Leukemia</i></b>            Adult Leukemia: A Comprehensive Guide for Patients and Families</p>	Barbara Lackritz
<p><b><i>Lung</i></b>            100 Questions &amp; Answers: About Lung Cancer            Lung Cancer: Myths, Facts, Choices – and Hope</p>	Henschke & McCarthy
<p><b><i>Lymphedema</i></b>            Lymphedema: Understanding &amp; Managing Lymphedema            After Cancer Treatment</p>	ACS
<p><b><i>Lymphoma</i></b>            100 Questions &amp; Answers: About Lymphoma            Frankly Speaking About Lymphoma – The Wellness Community*            Living With Lymphoma: A Patient’s Guide            The Lymphomas*</p>	Elizabeth Adler
<p><b><i>Myeloma</i></b>            100 Questions &amp; Answers: About Myeloma            What you need to know about Multiple Myeloma*</p>	
<p><b><i>Oral</i></b>            What it is you need to know about Oral Cancer*</p>	

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### ***Ovarian***

- 100 Questions & Answers: About Ovarian Cancer  
A Guide to Survivorship for Women with Ovarian Cancer Montz & Bristow  
No Time To Die: Living With Ovarian Cancer Liz Tilberis  
Ovarian Cancer Journeys: Survivors Share Their Stories To Help Others Ayala Miron  
The Patient Active Guide to Living With Ovarian Cancer – The Wellness Community\*

### ***Pancreatic***

- 100 Questions & Answers: About Pancreatic Cancer  
What it is you need to know about Cancer of the Pancreas\*

### ***Prostate***

- 100 Questions & Answers: About Prostate Cancer  
Complete Guide to Prostate Cancer ACS  
Dr. Katz's Guide to Prostate Health Aaron Katz  
I Flunked My PSA!: What You Need To Know About  
Prostate Cancer Now! Ernie Bodai  
The ABC's of Advanced Prostate Cancer Moyad & Pienta

### ***Skin***

- What you need to know about Skin Cancer\*

### ***Uterine***

- Cancer Schmancer Fran Drescher  
What it is you need to know about Cancer of the Uterus\*

## **Caregiving**

- Caregiving: A Step-By-Step Resource for Caring for the Person  
with Cancer at Home ACS  
Chicken Soup for the Caregiver's Soul  
Help Me Live: 20 Things People with Cancer Want You To Know Lori Hope  
The Comfort of Home: An Illustrated Step-by-Step Guide  
for Caregivers Meyer & Derr

## **Change, Loss and Transformation**

- Letting Go of the Person You Used To Be: Lessons on Change,  
Loss and Spiritual Transformation Lama Surya Das  
The Places That Scare You: A Guide to Fearlessness in Difficult Times Pema Chodron

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When Things Fall Apart: Heart Advice for Difficult Times Pema Chodron  
When Bad Things Happen To Good People Harold Kushner

### **Children/Parenting**

Cancer in the Family: Helping Children Cope with a Parent's Illness ACS  
Helping Your Children Cope with Your Cancer P. Van Dernoot  
Kemo Shark\*  
Kids Worry Too\*  
When a Parent Has Cancer: A Guide to Caring for Your Children Wendy Harpham  
When Mama Wore a Hat Eleanor Schick

### **Coping & Side Effects**

Crazy Sexy Cancer Tips Kris Carr  
Guide to Pain Control: Powerful Methods to Overcome Cancer Pain ACS  
Letting Go of the Person You Used To Be: Lessons on Change,  
Loss and Spiritual Transformation Lama Surya Das  
Managing the Side Effects of Chemotherapy and Radiation Therapy  
Pain Control\* Dodd  
Sexuality and Cancer for the Man with Cancer and his Partner\*  
Sexuality and Cancer for the Woman with Cancer and her Partner\*  
Surviving Cancer Emotionally: Learning How to Heal Roger Granet  
Taking Control of Side Effects with Medicine, Mind & Body – The Wellness Community\*  
The Places That Scare You: A Guide to Fearlessness in Difficult Times Pema Chodron  
When Things Fall Apart: Heart Advice for Difficult Times Pema Chodron

### **Couples**

Breast Cancer Husband: How to Help Your Wife (and Yourself)  
Through Diagnosis, Treatment, and Beyond Marc Silver  
Couples Confronting Cancer: Keeping Your Relationship Strong ACS  
Cancer For Two: An Inspiring True Story and Guide for Cancer  
Patients and Their Partners Dave Balch  
Sexuality and Cancer for the Man with Cancer and his Partner\*  
Sexuality and Cancer for the Woman with Cancer and her Partner\*

### **Faith and Religion**

Letting Go of the Person You Used To Be: Lessons on Change,  
Loss and Spiritual Transformation Lama Surya Das

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Prayer, Faith, and Healing: Cure Your Body, Heal Your Mind, and Restore your Soul	Caine&Kaufman
Reaching for the Invisible God: What Can We Expect to Find?	Philip Yancey
The Places That Scare You: A Guide to Fearlessness in Difficult Times	Pema Chodron
The Purpose Driven Life: What on Earth Am I Here For?	Rick Warren
When Things Fall Apart: Heart Advice for Difficult Times	Pema Chodron
When Bad Things Happen To Good People	Harold Kushner
<b>General</b>	
Aftershock: What to Do When the Doctor Gives You or Someone you Love a Devastating Diagnosis	Jessie Gruman
Coming to Terms with Cancer: A Glossary of Cancer-Related Terms	ACS
Diagnosis: Cancer: Your Guide to the First Months of Healthy Survivorship	Wendy Harpham
Facing the Mirror With Cancer: A Guide to Using Makeup to Make a Difference	Lori Ovitz
Help Me Live: 20 Things People with Cancer Want You To Know	Lori Hope
Informed Decisions: The Complete Book of Cancer Diagnosis, Treatment, and Recovery	ACS
Women's Bodies, Women's Wisdom: Creating Physical & Emotional Health and Healing	C. Northrup
<b>Humor</b>	
I'd Rather Do Chemo Than Clean Out the Garbage	Fran Di Giacomo
Not now . . . I'm having a No Hair Day: Humor & Healing for People with Cancer	Clifford
<b>Inspirational</b>	
90 Minutes in Heaven: A True Story	Don Piper
A 4 <sup>th</sup> Course of Chicken Soup for the Soul	
A 5 <sup>th</sup> Portion of Chicken Soup for the Soul	
A Path Through Suffering	Elizabeth Elliot
Any Day With Hair Is A Good Hair Day	Michelle Rapkin
Autobiography of a Face	Lucy Grealy
Bald in the Land of Big Hair: A True Story	Joni Rodgers
Every Monday Matters: 52 Ways to Make a Difference	Emerzian & Bozza
Feel the Fear and Do it Anyway	Susan Jeffers
Fighting Cancer From Within: How to Use the Power of Your	

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Mind for Healing	Martin Rossman
Gifts of the Heart: Stories That Celebrate Life's Defining Moments	Bettie Youngs
Happiness Is An Inside Job: Practicing for a Joyful Life	Sylvia Boorstein
It's Not About the Bike: My Journey Back to Life	Lance Armstrong
Kitchen Table Wisdom: Stories That Heal	Rachel Remen
Letting Go of the Person You Used To Be: Lessons on Change, Loss and Spiritual Transformation	Lama Surya Das
Loving What Is: Four Questions That Can Change Your Life	Byron Katie
Love, Medicine & Miracles	Bernie Siegel
Now That I Have Cancer I am Whole: Reflections on Life and Healing for Cancer Patients and Those Who Love Them	John McFarland
Prescriptions For Living: Inspirational Lessons for a Joyful Loving Life	Bernie Siegel
Strong at the Broken Places: Voices of Illness, A Chorus of Hope	Richard Cohen
Surviving Cancer: One Woman's Story and her Inspiring Program for Everyone Facing a Cancer Diagnosis	Margie Levine
The Extraordinary Healing Power of Ordinary Things	Larry Dossey
The Purpose Driven Life: What on Earth Am I Here For?	Rick Warren
The Places That Scare You: A Guide to Fearlessness in Difficult Times	Pema Chodron
There's No Place Like Hope	Vickie Girard
When Bad Things Happen To Good People	Harold Kushner
When Prayers Aren't Answered	J. Welshons
When Things Fall Apart: Heart Advice for Difficult Times	P. Chodron

### **Mind/Body/Traditional Chinese Medicine**

A Woman's Guide to Healing from Breast Cancer	Nan Lu
Aromatherapy for Dummies	Kathi Keville
Complementary and Alternative Cancer Methods Handbook	ACS
Complementary Medicine for Dummies	Jacqueline Young
Diary of a Medical Intuitive	Christel Nani
Fighting Cancer From Within: How to Use the Power of Your Mind For Healing	Martin Rossman
Healing From The Heart: A Leading Surgeon Reveals How Unconventional Wisdom Unleashes the Power of Modern Medicine	Mehmet Oz
Healing Lessons	Sidney Winawer
Healing, Mind, Healthy Woman: Using the Mind Body Connection to Manage Stress and Take Control of Your Life	Domar & Dreher
Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques	P. Huddleston
Reiki for Dummies	Nina Paul
Reiki: A Comprehensive Guide	Pamela Miles
Sacred Choices: Thinking Outside the Tribe to Heal Your Spirit	Christel Nani

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Spontaneous Healing: How to Discover & Enhance Your Body's Natural Ability to Maintain and Heal Itself	Andrew Weil
Taking Control of Side Effects with Medicine, Mind & Body – The Wellness Community*	Larry Dossey
The Extraordinary Healing Power of Ordinary Things	Roger Jahnke
The Healer Within: Using Traditional Chinese Techniques to Release Your Body's Own Medicine	Mitchell Gaynor
The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music	Ann Gillanders
The Joy of Reflexology	John Sarno
The Mindbody Prescription: Healing the Body, Healing the Pain	Andy Caponigro
The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine	Don Campbell
The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit	Louise Hay
The Power is Within You	H. Benson
The Relaxation Response	

### **Nutrition**

A Dietician's Cancer Story: Information & Inspiration for Recovery and Healing	Diana Dyer
Betty Crocker's Living with Cancer Cookbook	Ghosh
Easy-To-Swallow Easy-To-Chew Cookbook: Over 150 Tasty and Nutritious Recipes for People Who Have Difficulty Swallowing	Donna Weihofen
Eating Well, Staying Well During and After Cancer	ACS
Eating Well Through Cancer	Clegg & Miletello
One Bite At A Time: Nourishing Recipes for People with Cancer, Survivors, and Caregivers	R. Katz
The Cancer Lifeline Cookbook	Mathai
The Healing Foods: The Ultimate Authority on the Curative Power of Nutrition	Hausman
The "What To Eat If You Have Cancer" Cookbook	Keane & Chace

### **Survivorship**

After Breast Cancer: A Common Sense Guide to Life After Treatment	Schnipper
Daddy's Promise	Cohen & Heiney
Every Monday Matters: 52 Ways to Make a Difference	Emerzian & Bozza
It's Not About the Bike: My Journey Back to Life	Lance Armstrong

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LiveStrong – Survivorship Notebook

Lance Armstrong  
Foundation

Once Upon a Hopeful Night

Risa Yaffe

The Cancer Survivor's Guide: The Essential Handbook to  
Life After Cancer

Michael Feurstein  
Natalie Spingarn  
Foundation

The New Cancer Survivors: Living With Grace, Fighting With Spirit

The Secret

Rhonda Byrne

The Total Cancer Wellness Guide: Reclaiming Your  
Life After Diagnosis

The Wellness  
Community

### **CD's, DVD's, and Videos**

The Beginner's Guide to Humor and Healing (CD)

Dr. Bernie Siegel

Crazy Sexy Cancer (DVD)

Kris Carr

Living Peace and Joy: 15 Minute Guided Relaxations (CD)

The Relaxation

Meditation in a New York Minute (CD)

Company

Music for Healing Mind, Body Spirit (CD)

Mark Thorton

Music for Unwinding (CD)

Steven Halpern

Quantum Healing: Exploring the frontiers of Mind/Body Medicine (CD)

Dr. J. Nagler

Self –Healing with Sound & Music (CD)

Deepak Chopra

Weil & Arem

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