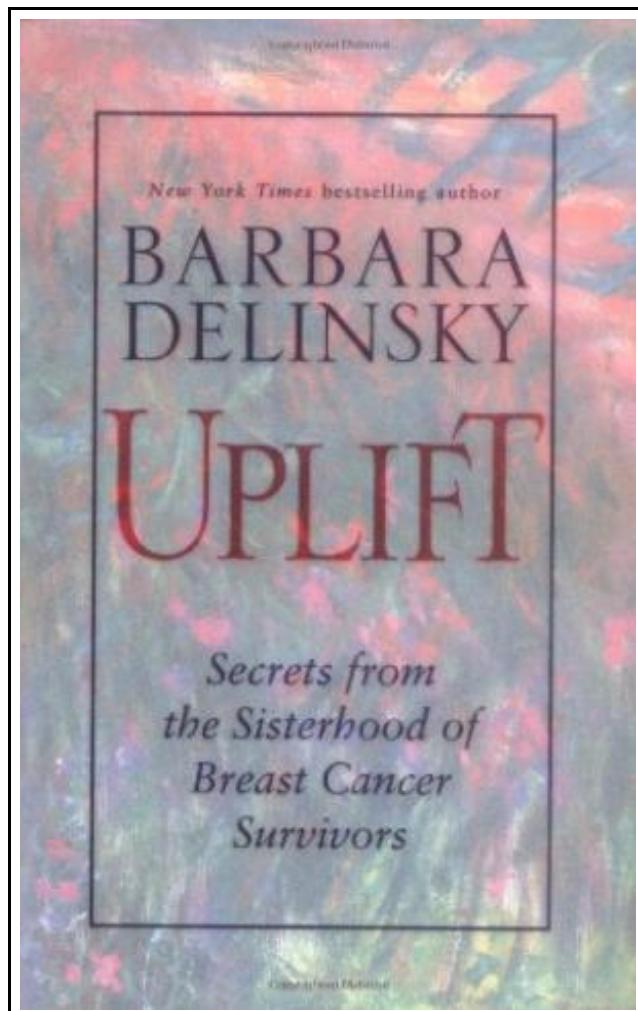


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Pocket Books, 2001. Hardcover. Book Condition: New. Dust Jacket Condition: New. 1st Edition. Book Description: Bestselling author Barbara Delinsky, whose life has been shaped by her mother's breast cancer as well as her own, has created the book she wished had existed when she went through her treatment. Uplift is a one-of-a-kind collection of anecdotes and advice, told in the words of everyday women of all ages who are part of the ever-growing sisterhood of breast cancer survivors. You won't find medical advice or technical matters discussed here. But you will find all the little things that only someone who's been there can tell you about. What kind of deodorant can I use during radiation? Are there certain foods that really satisfy on treatment days? How do I address my surgery with my coworkers? Is it really okay to lean on my friends? How can I still feel feminine? Is there romance after breast cancer? What can I do to feel more in control of my body and my life? But Uplift isn't only for those with breast cancer. Friends and family can read it to find out what they can best do to help. And men? Uplift contains quotes from them, too. They share what worked best and how they felt as they helped the women in their lives through it all. Practical, warm, funny, reassuring, supportive, personal.the insights by the contributors to Uplift reveal how they faced their fears and came through their ordeal ready to get on with life and love, career and family -- and how you can too. If there is one book you'll want to keep close at hand as a nightstand support group, Uplift is it.

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