



# The Breast Cancer Notebook: The Healing Power of Reflection

*Ava L Stanton, Geoffrey M Reed*

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This is a compassionately written journal tool for women who have chosen to participate in group counselling after receiving a breast cancer diagnosis. It is intended to be used in concert with its companion book for group therapists, *Group Psychotherapy for Women with Breast Cancer*. Using a voice that conveys respect for and knowledge of the varieties of experience a breast cancer diagnosis can bring, it challenges the reader to delve as deeply as she can into her individual experience. Intimate details of the illness and its life-altering effects on the self, family, work, love relationships and friendships are explored. The authors also provide information about communicating with one's medical team while encouraging readers to consider sensitive issues such as negotiating financial and workplace challenges, approaching sexuality and intimate relationships and developing new techniques to reprioritize nutritional, physical and spiritual self-care.

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