



Writing My Way Through Cancer

Myra Schneider

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'In this highly readable book about a personal way of dealing with potentially life-threatening illness, we follow author, broadcaster and acclaimed poet Myra Schneider through her journey from diagnosis to recovery from breast cancer. One of the book's special gifts is to make us feel we are engaged in an absorbing conversation with a friend, a friend who is full of courage, sensitivity and hope, but manages at the same time to be completely honest about the terror, anger and times of darkness that such a diagnosis brings.'

- Caduceus

'Although, as its title suggests, this book concentrates on writing for cancer sufferers, its advice is equally valid for people suffering from other problems, whether physical, emotional or practical. It shows the empowering effect of writing; how it can help to make sense when the world chaotic; how it can keep you focused when your life is falling apart. This is an inspiring read, made so by the author's frankness, warmth and honesty, which breathe through the pages.'

- Writing Magazine

'Reading someone else's journal is so engaging; When that person is a poet and has experienced a life threatening illness, the reading becomes inspiring. Myra Schneider is not only a poet and author but also a teacher. Her guide lines for therapeutic writing are clear and had me reaching for a pen. It would be a very valuable book for most clients who have been, or are going through, illness or any difficult experience, to try the visualisations and writing ideas. These, and the whole book, would be extremely useful for therapists working in any setting. Buy it!'

- HCPJ

'Myra, an established poet and author of a handbook on writing for personal development, clearly found her writing enormously supportive throughout the cancer experience. She clearly and simply offers exercises and routes to self-expression and exploration.'

- The British Journal of General Practice

'In this moving account [Myra Schneider] tackles with endearing honesty her personal experience of breast cancer. Myra takes us from diagnosis through the long painful route to recovery by developing the journal she decided to keep through her experiences. By sharing her journal with us, Myra has provided a window onto an experience which many people, finding themselves in a similar situation, will take comfort and inspiration from.'

- Lapidus Magazine

'While this book provides an intimate portrayal of the author's experience of breast cancer, the writing is often humorous and ultimately uplifting. It will be of interest to people with breast cancer and to those supporting them, and to health professionals for the psychological insights offered.'

- Breast Cancer Care News

Diagnosed with breast cancer in February 2000, poet and author Myra Schneider turned to her writing to help her come to terms with the experience. In this thoughtful and readable book, she illustrates how writing helped her through diagnosis, treatment and recovery as well as the change in self-image following her mastectomy.

In her frank expression of intense fear, anger and doubt, Myra Schneider includes notes and finished poems written during her period of recovery. She also offers practical support in the form of therapeutic writing suggestions for cancer sufferers, whether they are experienced authors or have never written before.

Bringing together an unsparing but ultimately uplifting first-hand account of life with cancer and advice about writing as therapy, this engaging and positive book shows the benefits of expressing the self through writing. It will provide inspiration and support to anyone affected by cancer and useful insight for professionals involved in the care of cancer patients.

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