



“*The Cancer Survivor’s Guide* is forthright, clear, and simple: it provides superb rules for coping with everything from the practical issues of navigating the health care system to how to deal with those demons representing fears of recurrence. I highly recommend this book to all cancer survivors and their families.”

—Jimmie C. Holland, MD, Wayne E. Chapman Chair in Psychiatric Oncology, Memorial Sloan-Kettering Cancer Center

“Drs. Feuerstein and Findley provide clear information and useful tools to not only maximize the collaboration between patient and physician but to help survivors better manage the many challenges they face.”

—Steven N. Wolff, MD, Chairman, Scientific Advisory Committee, Lance Armstrong Foundation

A Revolutionary Self-Management Program for Cancer Survivors

As medical screening and treatment of cancer improves, more and more people are surviving this frightening disease—yet survivors face many physical and emotional challenges long after treatments have ended. *The Cancer Survivor’s Guide* offers a proven step-by-step healthcare program for life after cancer. Developed from extensive research, as well as Dr. Feuerstein’s own battle with brain cancer, this practical 7-step self-management system teaches survivors how to:

- Make the healthcare system really work, including communicating effectively with health-care providers
- Access the best care without going broke, as well as how to obtain low- or no-cost medications
- Keep stress at bay and get real support from others in order to optimize health and well-being

“This inspirational, cutting-edge book is a roadmap to a healthier and meaningful future following a cancer diagnosis. Enormously helpful, this guide provides a wealth of life-saving information and tools.”

—Susan J. Blumenthal, MD, MPA, Former U.S. Assistant Surgeon General, Clinical Professor, Georgetown and Tufts Schools of Medicine

Michael Feuerstein, PhD, MPH, ABPP, is an internationally known clinical psychologist with a specialty in behavioral medicine. For the past decade, he has been on the faculty at Georgetown University Medical Center and Uniformed Services University of Health Sciences as a professor of medical and clinical psychology. He is the editor-in-chief of the *Journal of Occupational Rehabilitation*. He lives in Maryland.

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