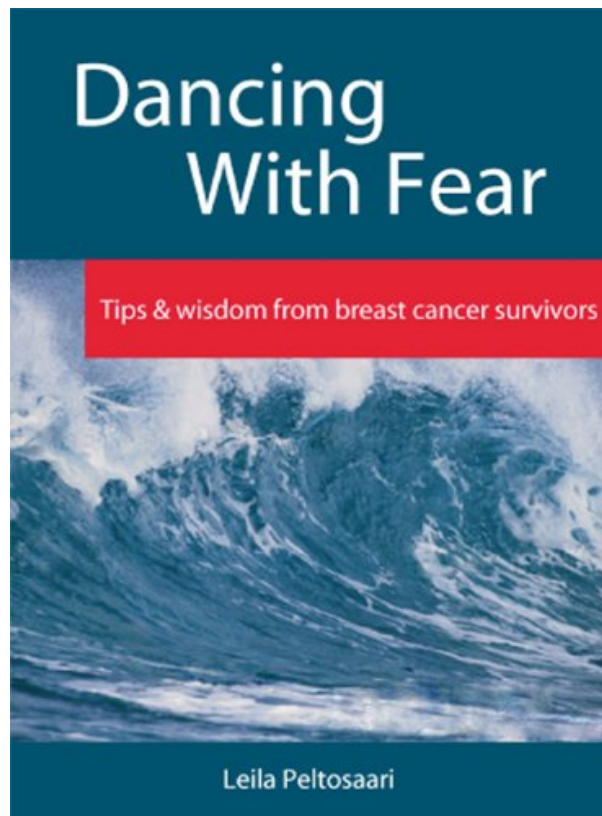


**DANCING WITH FEAR: TIPS AND WISDOM
FROM BREAST CANCER SURVIVORS BY
LEILA PELTOSAARI**



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Dancing With Fear

Tips & wisdom from breast cancer survivors



Leila Peltosaari

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Review

Opening the cover and beginning to read made me feel I was among friends. --Bev Parker, breast cancer survivor and Research Analyst, Y-ME National Breast Cancer Organization

From the Publisher

A portion of the proceeds from the sale of this book will be donated for breast cancer prevention, awareness, and support.

About the Author

Leila Peltosaari is celebrating her five years cancer-free, and especially the birth of her first grandchild Philomène. This is her ninth book. She lives in Montreal.

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A support group in your pocket. Tips and wisdom from breast cancer survivors. 125 women share their real-life experience through treatments, recovery, aftermath, and reclaiming life after breast cancer. Sections include: > Finding the tumor > Dealing with doctors and surgeries > Lymphedema > Chemotherapy and radiation > Tamoxifen and aromatase inhibitors > Fear of recurrence > Complementary and alternative treatments > Optimism and pessimism > Support and humor > Spirituality and facing death

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Most helpful customer reviews

9 of 9 people found the following review helpful.

Review of DANCING WITH FEAR by Leila Peltosaari

By Bryan Highbloom

This book is a major contribution to the literature on cancer, not only because it provides exhaustive and accurate information and survivor testimonials but also because it employs an artistic structure that lets anyone into the "dance" and shares with the public the "steps" that accompany it. This integration of content and structure brings us into the world of breast cancer survivors like no other book I have read, either popular or academic. One feels as if one is living the experiences with these women who speak so eloquently.

Ms. Peltosaari chooses to dance (act creatively) with often unspoken fears and thus has created an exceptional work of art as well as a superb resource for all cancer patients.

In my 25 years as music therapist at the Jewish General Hospital in Montreal, I have not come across a work on cancer that integrates clinical information, patient testimonial and literary art as well as Dancing with Fear. I highly recommend this book to all the people I see in my work and commend Ms. Peltosaari for her

wonderful work.

12 of 14 people found the following review helpful.

If you buy 2 books for Breast Cancer, Make one this one!

By K. Butler

I checked this book out of the library and now I am buying it, along with Dr. Susan Love's Breast Book. I also like the Mayo Clinics Guide to Women's Cancers. I was diagnosed a month ago, am recovering from a mastectomy, have Stage 3C cancer, and will be starting chemo and radiation. I love this book because it's written in plain english, it deals with the practical and the emotional, and it presents many sides of the issue. Every woman's cancer and treatment is different, and this book gives you an idea of the spectrum of what to expect every step of the way. It's also an easy book to flip through -- I plan to bring it to chemo, and I am copying my favorite bits of advice and quotations into a small journal. I hope to contribute to the sequel.

It is filled with wonderful quotations and proverbs (not about breast cancer, but about life, healing, fear, etc.)

This may sound silly, but I also like the size of the book, the title, and the cover art.

I've checked some 20 books out of the library, and this is one my favorites.

7 of 7 people found the following review helpful.

Real advice about breast cancer from real people

By Jo Carbonetti

I am a three-year breast cancer survivor and have read many, many books on the subject, but "Dancing With Fear" was one of the most personal. By the time I finished reading it, I was thinking of the women quoted as friends of mine! They seemed so real, because they ARE real, and that made the book one of my favorites!

See all 19 customer reviews...

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