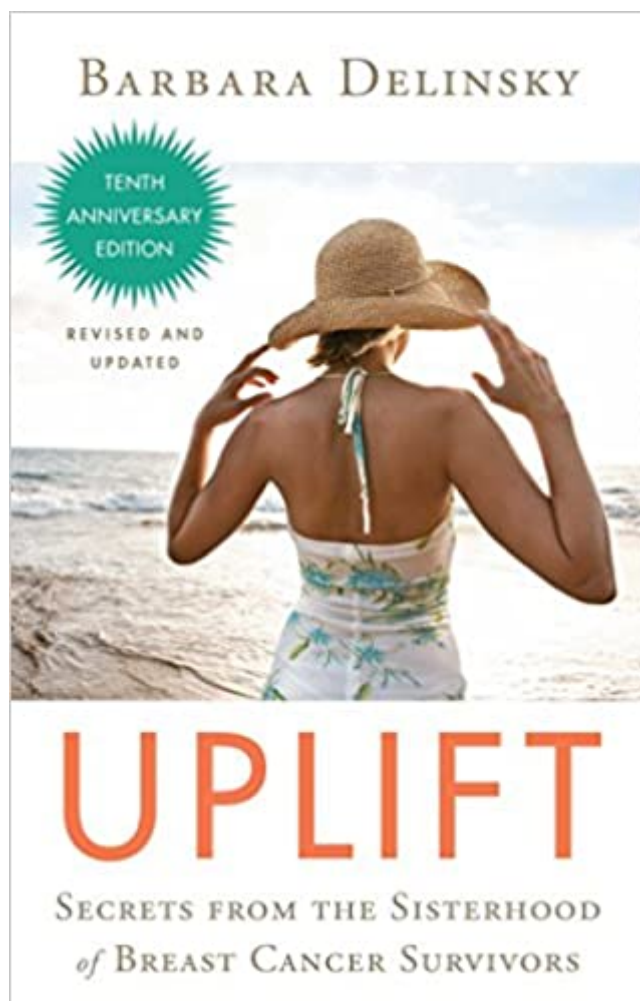


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# Uplift: Secrets From The Sisterhood Of Breast Cancer Survivors



## Synopsis

From the New York Times bestselling author comes this newly revised compilation of practical advice and upbeat anecdotes from more than 300 breast cancer survivors — as well as their families and friends. Barbara Delinsky's 1998 bestseller, *COAST ROAD*, featured a heroine who was a breast cancer survivor. To this day, it is the book that generates more mail than any of her others. That fact, combined with Barbara's ongoing commitment to breast cancer research, led her to her first book of nonfiction. Not a medical book -- there is no discussion of the pros and cons of a particular treatment or hospital or doctor -- *UPLIFT* is rather a collection of hundreds of pieces of practical and inspiring tidbits collected from survivors and their on everything from what kind of deodorant to use during radiation treatment to the best kinds of exercise aftloved ones. Think of it as "The Girlfriends' Guide" to breast cancer, with hints on everything from what kind of deodorant to use during radiation treatment to the best kinds of exercise after a mastectomy — to how to tell the person you're most afraid to tell that you have cancer. And as timeless as ever, this newly revised edition of *UPLIFT* contains the latest and most up-to-the-minute medical information, as well as new stories from inspiring cancer survivors.

## Book Information

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## Customer Reviews

A book as uplifting as the disease it discusses is tragic, *Uplift* is an inspiring collection of voices of breast cancer survivors. Barbara Delinsky, author of *The Woman Next Door* and other novels, and herself a survivor of breast cancer, presents inspirational snippets from more than 300 women sharing breast cancer tips and experiences. Reading this book is like listening to the friendly hubbub

of a crowd of women all offering advice and comments. They share practical tips about comfortable clothing after mastectomy, treatments for radiation burns, nausea remedies, wigs, advice for friends, and more. They share stories of supportive husbands, boyfriends, and family members who continue to love them. "I will love you till the day I die, whether you have one breast or none," says one husband. "Breasts don't laugh, smile, share brilliance, or give kindness," says another man. Every experience is positive and supportive, but not gushy. The humor chapter will make you laugh aloud. Delinsky envisioned this book as "the support group that I had never joined but could have used, the one that offered all the practical little secrets of survival that have nothing to do with doctors, machines, or drugs and everything to do with women helping women." She succeeds. (Delinsky is donating all her earnings on this book to breast cancer research.) --Joan Price --This text refers to an out of print or unavailable edition of this title.

Delinsky (*A Woman's Place*), a prolific popular novelist, lost her mother to breast cancer and is herself a survivor of the disease. This practical guide is a worthy addition to recent literature about how individual women deal with this illness, like Jennie Nash's *The Victoria's Secret Catalog Never Stops Coming* (reviewed above). Delinsky has collected a compendium of survival secrets "that have nothing to do with doctors, machines or drugs and everything to do with women helping women" that she wished had been available to her when she was diagnosed in 1994. She offers short personal anecdotes contributed by breast cancer survivors of every age and background. They recount the strategies that helped them through all aspects of cancer, including diagnosis, treatment, support groups and how to best conduct relationships with family, friends and in the workplace. Upbeat in tone, the women share such tips as the types of deodorants that may be used during radiation, how to handle hair loss ("I called my hair dresser and had the remainder of my hair buzzed off.... My buzzed head represented strength and control"), what foods will lessen nausea and, in general, how to take charge of one's life and remain positive. Almost everyone will find something in this varied advice that applies to her particular situation. Several women, for example, thought that hiring a professional to clean for them was extremely beneficial during draining treatments, while another found the mindless "therapy" involved in weeding the garden helpful. Delinsky also contributes several reminiscences, e.g., of her determination to remain physically strong and emotionally healthy after her diagnosis. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I purchased this book on a whim, because I was unable to purchase another book regarding breast

cancer on a different site. That website had recommended this book as additional reading. I have to say, I think this was a better book for me than the other would have been. As the author says, you don't need to read this from start to finish. I skipped over the sections which "didn't apply" to me. However, I have since gone back and even read those. What I appreciated most was that the book doesn't say what you should do or how you should feel. It simply gives you examples of what others have experienced and allows you to decide what is best for you. I found myself laughing, especially when I read the story about the woman who reached her Weight Watchers goal by removing her prosthetic before weighing in!!! I still get a charge when I think about it. As mentioned in the book, "make your decision and don't look back". I know that statement helped me with my decision. But, I will admit that I did second guess myself until the final pathology came back. I had made the right decision for me. This is a very difficult topic for some people to discuss or think about. So, the format of short comments or experiences from not only those with breast cancer, but stories or observations from friends and family who were on the sidelines trying to figure out how to help were helpful to me. There is something for everyone in this book. I would strongly encourage you to read the sample pages and decide if it will help you. I have since purchased a hard-copy so my mother (another person with breast cancer) could read it. She has already recommended it to a friend and her friend's daughter (both also experiencing life with breast cancer). I plan on donating the book to the college library where I work and shall suggest to the nursing department and the health science department that they might recommend it as additional reading for their students.

This book was exactly what the title says "Uplifting"!! When first being diagnosed with Breast Cancer I was bombarded with technical crap that I did not care about since I had excellent Dr's who were the one's who needed to know that stuff. This book made me laugh out loud! And there is not one technical term used!! This book is a must for anyone who is diagnosed with Breast Cancer. I would give this as a Gift to any women who has had a recent diagnosis of Breast Cancer. This book contains funny little stories about Women's Wigs falling off and kind stories of Sisterhood that so many of us have sought after hearing "you have breast cancer". I did not want to hear about what foods to eat and other stuff (which I refer to as technical terms), I wanted to hear about women who have endured this awful disease and lived to tell those funny stories. I loved this book!!!!

love it

This book offers very positive and practical support, tips, and suggestions for coping with the

various aspects of breast cancer and treatments. I read many books during my breast cancer experience but this was by far the best. I have since given copies to numerous other women as they start their journey.

UPLIFT lives up to the title in every way, with every page. Barbara Delinsky and many other breast cancer survivors tell about their experiences, what they went through and, perhaps more important, how they felt. The many snippets of advice make this book priceless. Statistics say that one in seven women will get cancer. If this happens to you, buy this book. If this happens to someone you know, buy this book. But before you give it away, read the chapter on Friends, Family, or Workplace to see what helped and comforted the most. Even better, read all three chapters! There's a chapter for men too, describing their emotions and how they supported the women in their lives. It's been six years since my mastectomy, and I wish I'd had this book with all its emotional and practical pieces of information. UPLIFT is a 312-page support group. Another reason to buy it is Barbara Delinsky donates all her proceeds to breast cancer research.

This was a wonderful book! The biggest surprise was that my wonderful breast surgeon Dr Kathy Calvillo was one of the 1st recipients of the breast surgery fellowships at MGH that this book funded! All I can say is thank you from the bottom of my heart for the project, I bought 5 copies after reading it from the resource room at my breast center at Dana Farber. I gave these to 4 special women, one my sister who had breast cancer 3 years before me, and was my hero as I faced my own breast cancer. The other 3 were friends that all are going through or recently treated for breast cancer. The stories shared were so helpful before, during and after my surgery and treatment.

This little book is a gem! I give one to any of my friends/family who are diagnosed with breast cancer. Unfortunately, that number has continued to grow. This is not a "medical" book, but rather a source of encouragement and practical tips from survivors. I am grateful that Barbara Delinsky, one of my favorite writers of fiction, compiled this terrific book.

The best book regarding the subject of cancer I ever read. The title is very befitting: UPLIFT! Finally a book about survivors and not just victims! THANK YOU Barbara Delinsky!

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