

## Writing My Way Through Cancer

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Writing Our Way Out of Trouble: Sue Reynolds at TEDxStouffville

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I have now fleshed out my journal into a book which also includes fourteen of the poems I wrote and a section of therapeutic writing ideas This is what my publishers have written about my book: 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.

Writing My Way Through Cancer - Myra Schneider

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Writing My Way Through Cancer book. Read reviews from world ' s largest community for readers. 'In this highly readable book about a personal way of dealin...

Writing My Way Through Cancer by Myra Schneider

If a blog isn ' t your thing, try keeping a log or journal for yourself about your cancer experience. Include how you ' re feeling every day and any questions you have about your health and treatment. Make notes about your energy level. These notes can be invaluable for tracking trends during chemotherapy.

3 Tips on Writing About Your Cancer Experience | Cancer.Net

If you ' re going through cancer treatment, or you ' ve finished treatment and you ' re trying to put your life back together, why not consider writing about your experience? 1.Remember that you are writing for whatever reason that you choose. So, if you don ' t want anyone to read it then they don ' t have to – you can keep your writing private.

Writing Through Cancer: Using Writing as a Therapy and a ...

[Myra Schneider] -- Diagnosed with breast cancer in February 2000, Myra Schneider turned to her writing to help her come to terms with the experience. In this volume, she shows how creative and autobiographical writing ...

Writing my way through cancer (Book, 2003) [WorldCat.org]

Information and tips from Maggie's on the benefits of writing your way through cancer

Maggie's Community | Writing your way through cancer

Writing your way through cancer By Natalie Jacewicz, Kaiser Health News Cancer Therapy. Earth, wind, sky, clouds, rocks Have me, If you will. This body — no longer young Not ...

Writing your way through cancer | PhillyVoice

Writing Through Cancer When life hurts, writing can help. Twice monthly posts & writing prompts for those living with cancer or other debilitating illness, pain & trauma.

Writing Through Cancer | When life hurts, writing can help ...

REVIEW: WRITING MY WAY THROUGH CANCER by Myra Schneider This short book by Myra Schneider will soon be regarded as a classic in the literature concerned with surviving traumatic medical experiences, here that of breast cancer tellingly evoked with all the attendant feelings with which a victim and survivor must cope.

Amazon.com: Writing My Way Through Cancer (9781843101130

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### Writing My Way Through Cancer

Sharon Bray, Ed.D., is the author of two books on writing and health: *A Healing Journey: Writing Together through Breast Cancer* and *When Words Heal: Writing Through Cancer*. Her blog site, [www.writingthroughcancer.com](http://www.writingthroughcancer.com), features weekly reflective essays and writing prompts for anyone writing out of illness, pain or life struggle.

### Writing Through Cancer: The Legacy of Our Stories - Cancer ...

After writing through her own painful experiences, Sharon Bray now helps cancer patients and survivors write through theirs. (Courtesy of Sharon Bray) Bray believes writing can help people cope with these difficult questions.

### Writing Your Way Through Cancer | California Healthline

REVIEW: *WRITING MY WAY THROUGH CANCER* by Myra Schneider This short book by Myra Schneider will soon be regarded as a classic in the literature concerned with surviving traumatic medical experiences, here that of breast cancer tellingly evoked with all the attendant feelings with which a victim and survivor must cope.

### Amazon.com: Customer reviews: Writing My Way Through Cancer

Writing Through Cancer is an online resource designed to encourage anyone living with cancer, debilitating illness or difficult life circumstance, to write from your experience of cancer. Why write? A significant number of studies have demonstrated that it can actually be good for you. When you repress emotions and silence your stories, your ability to heal is weakened. Writing offers you the safety to unearth and express all that you think and feel.

### About | Writing Through Cancer

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Writing can be therapeutic during cancer treatment and beyond. It can provide an opportunity for self-expression and serve as a helpful distraction. Research shows that, for people with cancer, expressive writing and journaling can reduce side effects, improve quality of life, and lessen medical visits. Writing can help you cope with your illness.

### Writing Your Way Through Cancer - copingmag.com

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