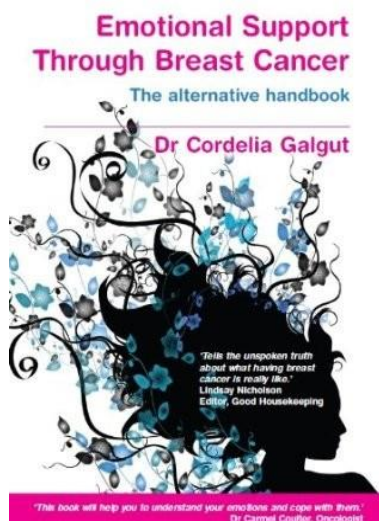


**MACMILLAN
CANCER SUPPORT**

BOOK REVIEWS

Read what people affected by cancer think about...



Emotional support through breast cancer. The alternative handbook (2013)

Galgut C.

Oxford: Radcliffe Publishing, 2013.

70pp.

ISBN 9781846199363.

£5.99.

Average star rating 4.2 (out of 5)



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This is a great book and a useful read for anyone who would like to know more about breast cancer. It is easy to understand with detailed explanations that are easy to follow. The format (slim paperback) means it is not too heavy to hold.

Breast cancer patient (66-75) (June 2014)

I read this book two years after treatment but one year after reconstruction. It would have been useful at any stage but this was a good time to read it. I had been feeling so much of what is described, the realisation that cancer is with you for the rest of your life, not physically but emotionally. Life is back to a sort of normal and those close to me, who had given such good support, assume everything is ok, but it will never be. I am irrevocably changed but don't want to bore people by talking about it.

It is a very easy read, relevant, concise, and supportive, and a book that you can dip in and out of. I like the cover, the paragraph spacing is good and other women's experiences are well signposted. The picture of an older man next to some of the myths is rather stereotypical and unnecessary. I didn't agree with the oft repeated fear of dying; I'm sure people do fear this but it was not my experience. I was quite certain that the health professionals would do their best and the treatment would be successful. It has been, but of course I have to accept the cancer may return.

I'm sure anyone affected by breast cancer, or indeed any cancer, will find something for them here. It gives permission to feel emotional when one's instinctive reaction is bottle it up and get on with life as best one can. A book to re-read especially if feeling down and alone.

Living after breast cancer (56-65) (February 2014)

I was apprehensive about reviewing this book; I was worried it would be another "pull yourself together and get on with it" speech. It isn't. It's brilliant, refreshing, inspirational, as if someone has turned on a torch to guide you through the woods. It's about emotional support and particularly the longer-term aspects of diagnosis and treatment; just because treatment has finished doesn't mean you can forget it all.

The author, a psychologist, gives great insight into the emotions and feelings that accompany diagnosis, treatment and afterwards. But better than that, she has been on that journey herself, so, as well as the theory, she writes from experience and quotes others too. She is clear that this isn't an advice manual but suggestions and ideas, and stresses "only you can decide how to think and feel about breast cancer".

I like the author's style; she creates empathy and understanding straight away, and you almost feel like she is there talking to you. Once I started reading, I couldn't put it down; it is so informative and enlightening. It is small and light enough to hold easily, on quality paper with a clear typeface. It is well thought out and the sections are logical and flow well; it's also easy to locate a topic. Bold and italics are used for different sections, and pictures and speech bubbles to highlight comments.

I wish I had seen this brilliant book before I started my cancer journey, it would have been a huge help. I recommend it to anyone touched by breast cancer, and to family, friends, colleagues, support workers, journalists – anyone who thinks they know what it's like and makes unhelpful comments. It is hugely valuable now – some "friends" think it's finished with now. If I'm having a bad day, I will read a bit to calm me down and make me focus on the positive. I would love everyone to have a copy.

Living with breast cancer, 18 months post surgery (46-55) (January 2014)

This book could have been about me. It mentions every emotion that I felt from diagnosis to the end of treatment and describes them very well. It's nice to know that I am not alone and it made me feel a bit more positive about my future.

Breast cancer survivor (36-45) (December 2013)

The quotation on the front ("Tells the unspoken truth about what having breast cancer is really like") sums up this book. One of the most difficult and unexpected aspects of breast cancer is its emotional impact. When you are diagnosed and have treatment, you have all sorts of emotions that you may not have anticipated, and that are perhaps more extreme than you have experienced to date. This book makes you feel normal for having this emotional upheaval and for having had worries about your feelings and reactions. It is very reassuring and helpful and will be useful from diagnosis onwards for both patient and carer.

The key message is strong: there is no right or wrong way to get through breast cancer, it is hard but everyone finds his or her own way through, it's OK to feel depressed or scared. This is supportive and the book acknowledges that health professionals can often appear unsympathetic, and how not to worry about this. It also touches upon more difficult aspects, such as worries about death and how to deal with people who you find are not helpful to you – again not usually covered by medical teams. It could talk more about the use of humour as a way that some of us deal with emotions, rather than the more negative emotional reactions.

It is very easy to understand – the author writes in an easy style, as if she is talking to you. However, the section "Just diagnosed" would be better at the beginning. The

design (feminine graphic motifs, photos and speech bubbles) underplays or belies the excellent content. It looks a bit homemade and the photos don't add much. This lets down the excellent advice.

The emotional impact of breast cancer can be unexpected; this book will help carers or partners to understand what the patient is going through and give them a better understanding of how they might help. I like the fact that it is written by someone who has had breast cancer, who knows what it's like. She has used her professional expertise to help others deal with issues that are not covered in any depth in literature given to you by health professionals. I am not sure why it's called "the alternative handbook", this is "core text".

Breast cancer survivor (46-55) (December 2013)

This book is suitable for patients from diagnosis, through treatment, to beyond. It gives the patient permission to feel all the feelings they do and this is why it is also perfect for family or carers, who sometimes see these feelings as negative and not fighting the disease. Patients need reassurance that they are allowed to feel negative and have the "why me" feelings when they are being told by those around them to be brave and fight. This book shows that the patient's feelings are normal and that once treatment is over the fight continues; you don't want to be told "you are over it and are fine so move on"! It should be offered to everyone so that they can understand the process and help the patient to feel less anxious and in control of their feelings.

Breast cancer survivor (46-55) (December 2013)

I recommend this very useful book. It approaches how people react to their emotions and anyone who reads it will have seen their own reactions at some point. I like the practical tip (p.54) that ends the section "Am I to blame?" and the short section "It's not your fault" (p. 63). I am fed up with people saying that healthy living will prevent breast cancer or any cancer. Many people who live healthily and exercise still get cancer, and those who abuse their bodies do not. There is also good advice on taking someone with you to appointments; many professionals don't realise how helpful this is, they say "I'd manage" and don't realise the impact that a diagnosis of cancer has. Last, but not least, I like the poem (p.58); I have read this out at training sessions with effect, adding a few lines of my own.

Breast cancer survivor (66-75) (November 2013)

I definitely recommend this book to others affected by breast cancer and it should be compulsory reading for all professionals in breast cancer care. The author handles the topic very well; you can tell that she has personal experience by the language she uses. I like the fact that she has been there personally.

Breast cancer survivor (46-55) (November 2013)

This book has helpful explanations of how those with cancer and those around them are affected emotionally by the trauma of breast cancer. It will be useful from coping with the initial shock of diagnosis, through the emotional impact of treatment and side effects, to the longer-term implications of how your life is affected forever.

The “chapters” describe the range of normal thoughts and feelings that may arise at different stages, and the myths that perpetuate a sense of guilt and self-blame that we should be coping better and “getting back to normal” once treatment is finished. They also highlight how the reactions of those around us may make it harder to deal with our own internal struggle. The author acknowledges the huge impact of “unspoken agendas” on relationships, the difficulty in openly discussing how surgery and treatment can affect self-esteem, confidence, and sexuality. The concept of “multiple psychological shocks” with each new diagnosis and subsequent side effect or complication is also explored. Finally, the book discusses the enormous importance of dealing with health professionals at a time when you may be in a state of shock and struggling to communicate. The need to be allowed to have a say as a joint partner over crucial treatment decisions is encouraged.

It is very easy to understand and follow; there is no difficult technical language and a glossary is not necessary. I did find the book slightly muddling, as there is no order to the topics. There are no chapters as such, but the contents page lists the main section headings and so it is possible to dip in and out without necessarily reading cover to cover. The cover is eye catching and the layout is attractive, with frequent speech bubbles containing personal testimonies and experiences. I like the very honest and affirming recommendations of the book by others in the opening pages.

This is a very helpful discussion of the emotional impact of breast cancer. I frequently found myself recounting in my mind my own similar experiences and then jotting down thoughts about why I had coped as I had, in my private life and in my professional life as a GP. The struggle to cope with others’ expectations, especially when returning to work, came flooding back to me; the impact on confidence, self-esteem and relationships; the shock and depersonalisation experienced at the point of diagnosis – I had forgotten how I was physically shivering when being told by the consultant that I had cancer. The wonderful, wonderful poem “Please don’t...” beautifully captures what we may wish we could say to others, but don’t.

In many ways, this book was cathartic and a chance to reflect on what I have been through and am still experiencing; it was helpful to realise that I am not alone.

Living with breast cancer (46-55) (November 2013)

This is a wonderful book and addresses everything that I felt – and continue to feel – since diagnosis. I wish it had been available when I was first diagnosed or just after completing intensive treatment! It gives a brief insight into the minds of people going through breast cancer and will be useful for patients, carers, family, and health professionals. It is perfect for just after diagnosis but also at any point on the breast cancer journey (even years on, because the need for emotional support never fades). The author is not only a psychiatrist but has also had treatment for breast cancer and this lends additional weight to the content.

The topics flow well and the book is written to appeal to everyone – brief, succinct and easy to follow and understand. It is the perfect length for patients who have just been diagnosed (and carers, friends and family); it is all too easy to be overwhelmed when you are trying to get your head around such life-changing news. The design is very attractive – although very feminine in terms of style, so I am not sure how male breast cancer patients and survivors would feel about it. The font and graphics are visually pleasing and easy on the eye. The book is printed on good quality paper and is the perfect size and weight to pop into a small handbag or large pocket for easy reference or as a pick-me-up. The illustrations are well placed and I appreciated the use of quote boxes and speech bubbles when referring to myths and truths.

Every breast cancer patient would benefit from this brilliant book at, or soon after, diagnosis. It is a gem and offers golden nuggets of information for those needing emotional support (patients, carers, families and friends) after a diagnosis of breast cancer. I read it a few days after my aunt was diagnosed with breast cancer and the first thing I did was order her a copy; she also found it very helpful and informative.

Living with breast cancer (36-45) (November 2013)

This is the best book that I have read so far. It is most useful for those who have just been diagnosed but also very useful for carers or relatives to understand just how the patient may be feeling after treatment has finished, and that there may be long-term side effects. Just because treatment has finished does not mean that the patient will not have emotional and physical problems. It is a good book to leave on your coffee table for others to read; it will perhaps get across the message about how the patient may be feeling and change the views of those supporting the patient.

The content is set out in a logical order (the author advises newly diagnosed patients to read the 'Just diagnosed' section at the end first) and easy to read. The information is very helpful and not too technical. It is a slim book and not too heavy. I read it in one day; it's a book that you can't put down. The general layout is good and the content is written well in layman's language and is very easy to understand.

I hope that this book may help people to understand just how long the breast cancer journey can be. The effects can go on for years after treatment. I am keen to pass it on to as many people as possible and I have already given it to someone who has just been diagnosed. It is very useful and I recommend it.

Living with breast cancer (56-65) (November 2013)

This book is useful for someone with breast cancer but also for carers, relatives and friends as it gives an honest insight into what the patient is going through. This knowledge and insight will assist all parties greatly. It covers all aspects and all stages of treatment, including post treatment, recovery and remission. The order is very logical and the author has included tips on jumping to specific pages if the reader is so inclined. It is very easy to understand because it is based on personal testimonies and focuses on emotions rather than medical terminology. The layout differentiates the personal testimonies from the author's words very well.

It is great to read a cancer book dedicated to emotional issues and reassuring the reader that they are not alone and that the emotional side effects can strike at any time and last a lifetime. I like its simplicity; at the same time, it covers all the complex emotions that patients may experience. It does exactly what it says on the back cover: "concise, easy to read format". Too many cancer books focus solely on the medical treatment facts and not the emotional impact.

I recommend this book, especially if the patient feels alone with their emotions. It proves they are not: a problem shared is a problem halved. It is ideal for anyone who is reluctant to talk about feelings or who can't attend a support group. It will reassure them that what they are feeling and enduring is common and that they are not alone. It also gives carers, family and friends a snapshot of the thoughts of the patient.

Friend of breast cancer patient (36-45) (October 2013)

This book will be of great benefit to those newly diagnosed, those who have undergone treatment and those in remission. Relatives and carers will also find it helpful in understanding why a patient needs emotional support throughout their journey. The author covers every aspect of emotional support and the need for it.

The book generally flows well (although the chapter "Just diagnosed" would be more beneficial at the beginning) and it is very easy to understand. The author writes with great sensitivity and understanding, as a professional and as a breast cancer patient. She writes in a very reassuring manner that should help readers immensely. The book is an ideal size to carry around and can be picked up and read easily. The paper is a good quality and the layout is excellent.

I especially liked the quotes from cancer patients and the photographs are good. The author genuinely allows readers to understand that their feelings are normal and not to feel guilty or ashamed of expressing them. She is aware of the need to take time to feel the fear, grief and loneliness and that recovery from cancer is not just about the body but about healing the mind as well.

A book on "emotional support" is necessary for all cancer patients. Although some hospital staff offer such support, sadly, due to pressure of work and a lack of training, it is often lacking. I whole-heartedly recommend this book. I will certainly be recommending it to friends with breast cancer and I like to think that hospital staff and GPs will read it. The author should be congratulated on writing this book and for raising awareness of the need for emotional support.

Breast cancer patient (66-75) (October 2013)



This lovely helpful book is full of affirming sentences. Diagnosis is a horrible shock; for some, this shock may linger on and it is most comforting to be told that the feelings are normal for many. I recommend it, possibly not immediately after diagnosis, but say six to eight weeks after surgery.

It is easy to understand; the language is appropriate and though simple is in no way content free. Any technical words are explained in the text. The cover is interesting and cheerful, the paper is good quality, and the book is generally well presented.

This book is just the thing. I like the permissive, upbeat tone, without any falsity. Two years into my journey, I was very upset for several months and thought I might be going mad. Here I find that there was no need for that. For those surprised and troubled by their emotional reaction to diagnosis, the emphasis on the normality of these feelings is very comforting and the (fairly few) exercises might be helpful. However, it is a pity about the subtitle. 'Alternative' has a meaning not intended here, and it is never commented on in the book; this is a substantial mistake and but for this I would have given it five stars.

Breast cancer in remission (Over 75) (February 2014)

This is ground breaking in terms of addressing the aftermath of breast cancer. Once my life was no longer directly threatened (for which I continue to be grateful) there was very little help in dealing with how to continue, how to get back into the 'real world'; family and friends expected me to pick up where I left off, which I couldn't. This book recognises this. It helps people to know they are not alone in finding these issues perhaps more difficult than the immediate physical challenges. Two years on seems to be the bubbling point for many problems and this is no exception. If I could only buy one book to help me, out of those I have reviewed, this would be it.

Breast cancer survivor (46-55) (January 2014)

Anyone affected by breast cancer will find this book useful. Medical professionals can read it to feel what it is like to live with breast cancer. I hope it will help people to understand just how long a journey it can be; the effects can go on for years after initial surgery and treatment. Reading the 'myths' made me feel angry.

It isn't too big or heavy and is laid out well. I like the short sections, brief explanations and the headings that allow you to find something on a topic that interests you most. I also like the stories from other people and the tips to help in difficult situations.

This book makes you feel that what you are experiencing is normal and helps you feel that you are not alone. It is good to read about and share emotions and feel that you are understood. I enjoyed it and think that it will help many people. Well done.

Living with breast cancer survivor (56-65) (November 2013)

This unique book is like a support group for people going through breast cancer. It is like a friend reassuring you that you are normal with normal emotions – very comforting. It offers much good advice for patients and those involved with them. It highlights many ongoing issues and how to address them and it will be useful in helping to have the discussion on the emotional aspects of the disease.

Most of what we read is about treatment and how to deal with any issues that arise. This addresses the personal side, something that anyone with breast cancer needs help with. It lets you know that you are not alone and certainly not crazy. I like how the author discusses emotions post treatment as well. This is where I am now. I am often surprised at the emotions that crop up and this book is a reassuring voice.

Breast cancer survivor (46-55) (November 2013)

This is particularly useful for those who have had breast cancer or whose loved one has. I found it helpful to read that many of my feelings were experienced by other women and it will give family and friends an insight into the emotional impact. I've felt quite anxious and emotional since I finished treatment and, although I try hard not to be negative, it is difficult not to think about my mortality. This upsets others who want me to think positively, but it is a bit like telling a depressed person to cheer up – if they could, they would. It is reassuring that others feel the same way.

It is a small book and you can dip in and out of it if that suits better than reading all the way through. There is nothing technical or difficult to take in although I can't say I fully understood some of the mental exercises. I don't understand why the 'diagnosis' section is at the end of the book; the logical place is at the beginning because that is where the breast cancer journey begins. I'm sure the author has her reasons but I didn't get it. The photos of people are a bit pointless; I wasn't sure who they were.

The main value is the shared experiences. I like other people's stories and feelings; it is reassuring to know you are not alone in how you feel. To know that others have reacted in the same way has helped; maybe I'm not going mad after all. It is very useful emotional support. It reassures the reader that it is ok to feel the way they do and would give their loved ones a good insight. It isn't always easy to talk to loved ones about how you feel because you have to be sensitive to their feelings.

I was diagnosed a year ago. I am back at work and trying to get back to 'normal', but I now don't know what that is. I have been feeling that my life has changed forever, but that I should just be grateful that the cancer was caught early enough and has been dealt with. People expect you to move on and I want to but you never quite know that it has gone for sure, or that it isn't coming back – it feels like something is hanging over you. This book showed me that I am not the only one feeling this way after treatment. I should give myself more time to get over the shock of having breast cancer. I didn't really think of it in these terms before reading this book and I found that comforting. Family and friends could benefit from reading it to understand how it feels to have a breast cancer diagnosis. After all the focus on supporting me through the treatment, there is a tendency to think it is now over – but it isn't for me.

Living with breast cancer (46-55) (October 2013)

This book is a 'keeper'. Anyone dealing with, or who knows anyone dealing with, the emotional impact of breast cancer, either newly diagnosed or post treatment, will find it useful. It is easy to read and understand, written with insight and clarity but without relying on psychobabble. I like the choppy, bitty style of the book, which makes it easy to dip in and out. When concentration is proving difficult, it is sometimes easier to take on board bite-sized chunks of information presented in this format. I especially like the 'Myth Bubbles' and the 'Truth Bubbles' scattered throughout and which had particular resonance for me.

I like the practical and common sense approach and the emphasis on the fact that there is no 'normal', no 'right' or 'wrong' way to deal with breast cancer. There are some useful exercises, (life affirming sentences to use, body scan exercise, and offloading exercise), which some may find useful.

I recommend this book for anyone at any stage after a cancer diagnosis.

Breast cancer survivor (66-75) (October 2013)

This book gives an insight into various emotional experiences of breast cancer patients and those working in that environment. We constantly talk about individuality in terms of clinical disease but we don't always link that to the emotional impact. It covers all aspects of having breast cancer, allowing the reader to tap in to areas most relevant at a particular time and revisit as required.

Delayed shock is real, can be experienced at any stage, and should be taken seriously. Voicing thoughts and feelings of despair/shame/frustration/isolation as a normal and shared experience of the same kind strengthens that message. Everyone is different – there is no set pattern of moving forward and setbacks at various stages are normal and should not be confused as weakness. It does focus largely on primary breast cancer and mostly women. The author, being a psychologist/counsellor tends to prefer that as the option of support; support groups can provide an equally good source of support but are not mentioned as an alternative option.

The capturing of core messages from individual experiences makes it an interesting read and I really like the format of topic followed by experiences, explanations, and practical hints. A decent sized font and layout makes the book easy to follow and understand. I like the cover image of a dark head representing the emotional impact; part of the cover illustration is used throughout the book giving it added interest.

This book can help patients come to terms with the diagnosis of breast cancer and gives permission for some to seek help/support in a professional capacity and view that as normal. I would probably recommend it, but it will depend on the individual; in the wrong hands, it could make the reader even more paranoid.

Living with the consequences of breast cancer (46-55) (October 2013)

This book covers a broad number of emotions that may be felt by anyone touched by cancer in any way, so everyone could benefit in some way from different parts. It is useful for understanding that you're not alone in feeling how you do and that whatever you're feeling is normal; normal is something that you don't feel when you have cancer, so to be able to grab hold of a little 'normality' is heart warming. The author is a patient and psychologist and it is very interesting to read about how reality shaped theory in her world.

It is a very easy read; I finished it in just two evenings. It is an attractive book; the paper and print are fine as are the font size and layout. My initial thought when I saw it was 'why is Medusa on the front cover?' then I realised it was flowers! I like the use of speech bubbles and the quick hits on common truths and falsehoods. I didn't notice any inaccuracies, this is far more about feelings and psychology and finding strategies to cope with them, strategies that work for you.

I like that it is real. The stories shared are all real feelings and experiences, which is far more beneficial than theory. I also appreciated that the experiences shared are not focussed on the person with cancer but also consider how family, friends and health professionals feel and act and why they feel the way they do. It is all about communicating honestly and openly with those around you – what a difference this can make. Some of the experiences resonated with mine but many did not. Your experience is personal; people shouldn't expect to find an accord with every piece of information and set their expectations appropriately. The only thing I don't like is the assumption that chemo follows surgery, not always the case. I had chemo then surgery. This can affect people differently – you are living with the knowledge that you have cancer inside you for six months or so. I actually took a positive from this – I could feel my lump shrinking, so I felt I was winning.

I have already shared this book with a colleague who is one year ahead of me in her treatment and I am certain it will help her too.

Breast cancer survivor (36-45) (October 2013)



This book would be most useful in dealing with psychological relationships, that is, your relationship with your body, partner, doctor, family and friends. However, I would not recommend it because it is depressing and not very constructive.

It is easy to understand (no technical terms and no glossary) and there is a contents section. There are some useful further references and further reading, and it is thoughtful to have blank pages at the back for personal notes. However, it is poorly written and does not hold the reader's attention; it is like a forum commentary. I did not notice any inaccuracies but I found some of the speech bubbles irritating and difficult to read with poor, or no, punctuation. For example, (p. 69): "Then we talked about what his dad would let him do that I don't if I did die..."

Living with untreated DCIS (46-55) (November 2013)



This book was disappointing and unhelpful. The style is accessible and there are some useful statements (such as recognising that breast cancer will have a long-term impact physically and emotionally) that appear to be aimed at normalising the range of emotions women may experience, but the author also makes some sweeping and unhelpful generalisations, for example: we will all feel “terrified”; it is “impossible, not to be terrified of recurrence, and this fear and terror does not go away”; and “the problems we are left with will be chronic ones” (p. 49).

In terms of presentation, this slim volume lacks depth and the photographs look dated. On the other hand, the use of quotes from people with a breast cancer diagnosis brings to life and illustrates some of the issues the author discusses.

It is not often I come across a book about cancer that it is a struggle to read because I find the text unhelpful and irritating. I would not recommend this book to anyone.

Living with breast cancer (46-55) (December 2013)

The author is a respected professional but this book is oversimplified and could be irresponsible – it is too general and, at times, patronising. It focuses too much on the negatives: stress, rejection and depression. It seems to tell us that we should all be afraid of dying (I never was and statistically it is unlikely for the most patients!) and suggests that we will ALL struggle with other people’s perception of us. Statements such as “Some of our systems will cope better with treatments than others” are unspecific and meaningless. The statement “We can never really get over it, so long as the fear of recurrence and death is there”, is unhelpful, negative and at best wrong – does anyone think the goal is to “get over it”? More than this, I do not expect a psychologist to tell me how I am going to feel.

The order is odd – diagnosis at the end – and the presentation, with photos and speech bubbles, seems to degrade a serious subject. I did find one good quote: “people who asked me how I was, wanted me to say I was fine”; this is common and well discussed. It also helpfully suggests that people confront changes to personal relationships and get professional help if needed. Similarly, it states that if you are unhappy with your medical team you can ask for a second opinion or change those responsible for your care. We are also told not to blame ourselves for getting cancer – a worthy statement when the media is always quick to say why people get cancer.

I didn’t find it useful at all. I wouldn’t have found it helpful at diagnosis and did not warm to it eight years on. To be told on the diagnosis page that, “most of us think we are going to die” is unhelpful when breast cancer is practically curable for most. I know the book is about feelings but the solutions offered are too weak and the self-help approach incomplete. The reader might conclude that everyone has a horrible time and no one wants to hear about it! I guess it just wasn’t for me! Health professionals might find the patient quotes interesting.

Diagnosed with breast cancer 2005 (46-55) (October 2013)

Further information

Why does Macmillan Cancer Support review books?

We use reviews to help us compile a list of suggested cancer books, the [Macmillan Core Book List](#). Cancer information centres and public libraries can use this list to select appropriate and relevant books for people affected by cancer.

We add reviews to the [Directory of information materials for people affected by cancer](#) so that people affected by cancer can see what others in a similar situation think about a book. You can also see details of all the books reviewed in the [Book reviews listing](#), which also has links to all the reviews.

We recruit most of our reviewers through the [Volunteering Village](#) and the [Cancer Voices Network](#), people affected by cancer who have signed up to help Macmillan Cancer Support in a number of ways. Volunteers are a vital part of our book review process; since 2007, over 1,500 Macmillan volunteers have written more than 6,000 reviews of over 500 different books.

If you are a health professional who would like to review books for us, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

Information and support for people affected by cancer

If you are looking for support to help you live life with cancer, you may wish to contact one of [Macmillan's cancer information and support services](#). Or you can call the Macmillan Support Line free on **0808 808 00 00** (Mon-Fri 9am–8pm). We have an interpreting service in over 200 languages. Just state, in English, the language you wish to use. If you are deaf or hard of hearing you can use textphone no 0808 808 0121 or Text Relay.

You can also email us using the [website enquiry form](#). Alternatively, [visit our website](#).

Feedback

If you have any comments, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

Being told ‘you have cancer’ can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you’re still you. We get that. And, after over 100 years of helping people through cancer, we get what’s most important: that you’re treated as a person, not just a patient.

It’s why we’ll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We’re here to help you find your best way through from the moment of diagnosis, so you’re able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

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