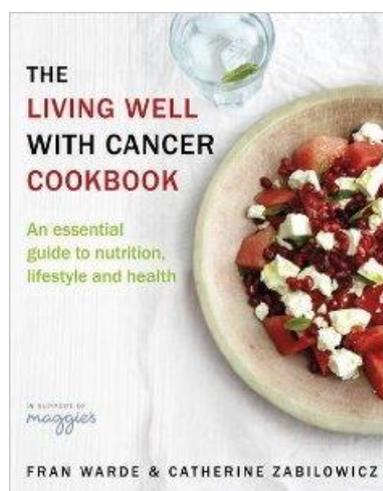


**MACMILLAN
CANCER SUPPORT**

BOOK REVIEWS

Read what people affected by cancer think about...



**The living well with cancer
cookbook. An essential guide to
nutrition, lifestyle and health (2016)**

Warde F, Zabilowicz C.

Bantam Press, 2016.

288pp.

ISBN 9780593075753.

Average star rating 4.1 (out of 5)

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This book would be useful at all stages of cancer, especially when, or if, you suffer from mouth ulcers due to chemotherapy. The terminology is easy to understand and the recipes easy to follow, but like all good, healthy food, not all ingredients are in the cupboard. It is an appealing book; the glossy cover and paper quality is impressive. I love the feel, look and all the recipes and I have already recommended it.

Breast cancer survivor (46-55) (May 2017)

This is a helpful guide for anyone wanting to adopt a healthier lifestyle. It would be useful at any stage – it provides practical advice and information on how to improve your healthy food choices. It says it is an essential guide to nutrition, lifestyle and health and it absolutely is! The beginning has practical information about the different macro and micro nutrients and advice on how food and nutrition can help you during your journey following a cancer diagnosis. The recipes are delicious and easy to follow. The ingredients are simple and easy to source (we had most in our cupboards). The recipes are clearly laid out, with a clear colour photo and information about the nutritional value of the meal.

I like the size and feel of the book. The pages are glossy and the typeface is clear. The photographs are amazing and encourage you to try the recipes. It is easy to read, a clear glossary provides explanations, and the index makes the book easy to navigate. It is written in a clear, informative way, providing the right mix of science and practical information. It is a great looking book; the cover shows a pomegranate, watermelon, and feta cheese salad, which is delicious. The only thing I dislike is the title; it could be called “The living well cookbook”. Many people would not look at it in a shop if they have not been affected by cancer and this will affect sales. It is a good book for everyone – my teenage son, who loves science and nutrition, loves it.

This book will stay in my kitchen. It provides clear, nutritional advice about lifestyle and health and is a good reference book that I will dip into. The whole family enjoyed them. I like that it supports Maggie’s (I was previously unaware of this charity) and the information about the charity is concise and clear.

Breast cancer diagnosed June 2015 – currently in remission awaiting reconstruction surgery (46-55) (March 2017)

This book will appeal to anyone who has had cancer, carers, family members or indeed anyone – it is very informative. It is useful at any stage of cancer as it is very informative about the nutritional values of different foods and looks at foods you can eat before, during or after treatment. It also has ideas for what you can do to help yourself through possible side-effects of your treatment and life after treatment

I found it quite easy to follow and there is a small glossary. Anyone interested in food and nutrition who wants to know more about the side-effects of treatment and how you can help yourself will find it easy to follow. Although it is text heavy in parts, it is very interesting to read, so I like it. The recipes are well laid out with lovely pictures and they are easy to follow. I like the quality and feel of the book. Although the recipes are fairly easy to follow not everyone will have the ingredients to hand and will have the extra expense of buying them; some ingredients are cheap to buy, others are not. I would like a few more quick and easy recipes.

There are quite a few cookbooks on the market for people living with cancer but this is not just a cookbook; it is full of useful information that helps you understand about food, your treatment, and how to help yourself.

Breast cancer patient (46-55) (March 2017)

The authors are a food writer and a nutritional therapist and this combination makes for an excellent read. They have had first-hand experience of caring for someone with cancer and that empathy comes through in their writing. The advice and recipes are suitable for anyone but most useful at the end of treatment. It is very difficult to find anything that you want to eat during chemotherapy, and changing your diet at that time could add to the stress of treatment.

It is well written and researched, with thought-provoking ideas about nutrition and diet. All technical terms are explained in the glossary and the extensive bibliography has plenty of resources if you wish to read more about any of the topics. The index is comprehensive. The cover isn't very exciting (I may not have picked it out from similar books on a shelf) but the layout is good and the recipe photographs are excellent. It is a good quality, well produced book. The recipes are easy to follow and most ingredients are store cupboard staples. The *Turmeric beef and sweet potato pot*, *Lamb shepherd's pie with mash and green topping*, and *Avocado and salmon sandwich* are delicious and there are plenty more in the book I want to try!

This book is informative and thought provoking. It has some fascinating information that I have not read before in cancer literature. Chapter five (Outside the box: approaches to cancer) is fascinating and I am going to incorporate many of these foods and ideas into my diet. The recipes are excellent and they work. I really love the combination of information and recipes that give the guidance to start you on your way to a healthy diet. It is one of the most informative nutritional and lifestyle books I have read. I recommend it to anyone starting their cancer treatment journey.

Breast cancer survivor (46-55) (February 2017)

I love this book; the information is all you need for a healthy diet and lifestyle. It will be useful for anyone. There are a few paragraphs about dry mouth and difficulty in swallowing; for head and neck cancer patients, this is very important and many other books I have read do not really cover this. I particularly like the tables of vitamins and minerals, the foods they are found in, and the list of non-dairy sources of calcium. The recipes are easy to follow and most ingredients easy to obtain. It is bright and colourful with a good size text making it easy to read, especially when using a recipe. Overall, a brilliant health manual and cookery book for the cancer patient. I, for one, will be using it regularly.

Squamous cell carcinoma (base of tongue, epidermoid cancer of the parotid gland (56-65) (February 2017)

I rarely cook; eating is something I do to stay alive but this excellent book might change my mind! The authors – a chef and a nutritionist – know what they are talking about. The first half is about cancer, nutrition and lifestyle and is excellent, well-informed, easy to understand, and inspiring. I particularly like the chapter on “Outside the box” approaches to cancer that discusses complementary and alternative treatments, including Ketogenic Diet, Gerson Therapy, fasting, supplements, mistletoe extract and many more – things I’ve rarely seen discussed in mainstream cancer books, let alone a cookbook. The authors are not necessarily pro or against; the information given is clear, sensible, and nutritional, from, in many cases, little scientific evidence. The second half is full of mouth-watering recipes, some much simpler and cheaper than others but there is surely something for everyone, even food-averse people like me. The photos are great and each recipe has helpful nutritional information at the beginning. The book looks lovely and appetising, although it might be difficult to keep open whilst cooking?

This a must-have book for keen cooks but I’d recommend it without reservation for anyone wanting to eat better to live as well as possible.

Living with non-Hodgkin lymphoma (66-75) (January 2017)

This is useful to learn more about nutrition and how to make your meals a little more healthy and nutritious each time. It is aimed at cancer patients, but useful for anyone who wants to make healthy, nutritious meals. (My husband, a committed carnivore, liked the look of a few of the recipes.) It consists of two main parts – *Cancer, nutrition and lifestyle* and *The nutritional kitchen* – and is useful at any stage. For example: general tips about how to find advice in hospitals (pp. 38-39); standard treatments and procedures (p. 33); and life after treatment (Chapter 6). The recipes are suitable for anyone and the authors explain why each is included. For example, cashew cream (p. 261) is included at the urging of Maggie’s nurses at Charing Cross Hospital; it can be added to soups and casseroles to create a creamy texture when eating is difficult, and it includes healthy fatty acids, protein, and important minerals.

It is a substantial well-planned book, nicely produced with a clear layout and enticing photos. The recipes are well thought out, easy to understand and not too long – one per page, most with a photo. They don’t have too many daunting steps or need fancy

equipment. As with most cookbooks, some recipes require planning, e.g. *Eight slaw* (p. 180) uses many healthy ingredients that I wouldn't usually have in my fridge. However, many ingredients are used several times (e.g. goat cheese, cauliflower, coconut oil) and there is a handy list of staple store cupboard ingredients (p. 134). There are some unusual ingredients, such as seaweed flakes, amaranth, buckwheat noodles, and psyllium husks. I found the latter in my local health shop; they were relatively expensive, but you need only a couple of tablespoons for the Savoury seed crackers (p. 159), so will last. For seaweed flakes, an online supplier is mentioned.

There is a glossary for some of the more technical (non-food related) cancer terms, an index, and a thorough bibliography for the studies mentioned in the text. I noticed a spelling mistake: psyllium was spelt twice as pysllium (p. 159). On the same page, the recipe starts by asking you to turn on your cooker but then asks you to soak the seeds overnight; these instructions should be the other way around.

It is full of information mad but the recipes are interesting and mostly use common ingredients in a fresh way. (I have Fran Warde's book "The French kitchen" and her recipes always come out well.) It has a good range of recipes for different meals, snacks, and drinks. *Chia strawberry and cashew nut milk pot* (p. 144) is a lovely breakfast treat that I have had several times. It is light and easy to eat, yet nutritious. It could be very useful for someone with reduced appetite or trouble eating; the chia seeds swell as they absorb water and make it slide down easily and a small amount of vanilla makes it sweet and luxurious. *Savoury seed crackers* (p. 159) need a long cooking (drying out) time, but it is nice to learn a new technique and the range of seeds ensures they are healthy and tasty. I also enjoyed *Eight slaw* (p. 180), which contains a range of healthy, raw ingredients; it is healthier than the usual shop-bought coleslaw because it uses a little soft cheese rather than lots of mayonnaise.

I like the comprehensive nature of this book; it covers common questions that people have, such as: "Dairy – good or bad" (p. 72); "Organic food – is it worth it?" (p. 69); and "A useful guide to preparing yourself for treatment" (p. 38). I like that the authors tackle a contentious subject such as acid/alkaline balance (p. 87). There is a good range of tasty and healthy recipes and I am looking forward to trying many more.

Uterine cancer survivor (46-55) (January 2017)

I like everything about this book, it ticks every box; my only regret is that it was not available when I had my various cancers and had a hard time eating. It would be especially useful for someone who is not eating as it gives so many suggestions and takes into consideration the idea of taste. I like to cook and this book feels great and reads well. The cover is just right and the layout is perfect. The recipes are well laid out. I tried several and they are delicious and extremely easy to prepare.

This is a very useful book that offers some great ideas. It doesn't patronise and allows the reader to use their initiative. I don't feel anything needs to be added – you don't want to preach or appear to force things down anyone's throat, so to speak.

Prostate cancer survivor, and bowel cancer (56-65) (December 2016)

This is very useful for anyone with cancer (and carers and family) who wants to find out how food and other lifestyle factors can help and empower them. The authors are passionate about food and nutrition and have been affected by cancer: one by the death of her mother; the other by her son's cancer. It is informative about cancer: what it is; the science; treatment; and how food can ameliorate some of the treatment side-effects and nourish the body through treatment and after. It has information about research, alternative approaches to treatment, and lifestyle choices that might affect recurrence or spread. There is good information/advice on how various foods affect the body. I particularly like the information on the "top 10 anti-cancer foods".

The book is good quality, well set out and easy to navigate, with good pictures and typeface. It is mostly easy to understand and the glossary explains technical terms. The cover, with its picture of an appetising salad, makes you want to find out more. The tone is authoritative but not patronising and overall it is a very appealing book. The recipes are easy to follow and the ingredients are mostly easy to find. Some are expensive but there is helpful advice about cooking on a budget. Many of the recipes are delicious! They made me feel that I am helping myself but also taste great, which makes you feel better. Some recipes are more suitable at different points; I suffered badly from fatigue during treatment and some recipes use too many ingredients.

One of the authors asked patients what they most want from a book like this; they wanted "clarification where there is confusion about what they should and shouldn't eat"; this book largely does that. At diagnosis, you are anxious to do what you can to help yourself but worried about doing the wrong thing. This book is helpful at diagnosis, but also throughout treatment, and beyond into recovery as you seek to maintain your health. I like the fact that the information is backed up by science and research but also common sense, e.g. the importance of enjoying food as well as its nutritional value. At the start of treatment, I got very bogged down in eating the "right things" to the detriment of enjoying what I was eating; I was pleased that the authors point out the value of enjoying of what you eat and the need for balance. It is uplifting and gave me a sense of being able to do something to help myself, to feel less powerless. I highly recommend it.

Living with breast cancer (56-65) (October 2016)

This is a great reference book for anyone interested in trying to eat more healthily. Around half covers the theories behind healthy eating, most of which are relevant to anyone. There are also chapters with more focus on cancer, such as managing side-effects, and commentary on some of the cancer diets on the internet. The recipes flow easily from this theory, showing how to put it into practice. It is useful at all stages, but most people will struggle at diagnosis to take the time to read it and look at changing their lifestyle, particularly if the change is big for them. It would be ideal for a family member who can take control of food and feel that there is something they can do to help. It is at its best for someone who is ready to take some control over their life and to make a commitment to a change in diet.

When it first arrived, I was keen to get a feel for it. I looked at some of the recipes to see the kind of ingredients used and I was excited about trying them. I had worried that I would be cooking two different meals, partly because I thought my partner (very

physically active) and I would have different nutritional needs and partly because the taste of healthy food might not be very exciting for him. How wrong I was! We have both enjoyed every recipe I've made and he has not complained about feeling hungry. If you have different appetites, just eat the portion size that suits you best.

If you have never spent time preparing food, it may be a culture shock. But if you are used to making meals from scratch, the recipes are easy. There's a lot of vegetable chopping, so if you are used to that you'll be fine. As to cost, it depends on what you are used to. If you do all your shopping at a cheap supermarket with offers on crisps, chocolates, and processed food, then the change is radical and may feel expensive. Similarly, if you have a family with children or different dietary needs it may feel like a radical change. But it's an easy change if your food budget can be squeezed further and your family are willing to eat whatever is presented to them.

I already mostly cooked from scratch with (what I thought was) lots of vegetables. I am surprised at just how many more vegetables I eat a day since I changed my diet because of this book. The type of food I eat hasn't changed my food bill and the switch to organic fruit and vegetables hasn't cost more (I've found a local organic box scheme, which is more cost effective) but the change to organic meat has proved costlier so overall, my food bill has increased. This is acceptable as I can feel the benefits of eating a healthy diet. As an herbalist, I was pleased to see that herbs are used in plenty of the recipes! Herbs and spices make the food tasty for anyone and provide additional health benefits. Trying to follow a healthy diet certainly didn't make us feel badly done by, and this makes it much easier to continue.

I like how each area is short and that the relevant foods are named at the end. This made it easy to follow through to the recommendations on which foods to eat. It also makes sense when you get to the recipes to see that these foods are used in them. The first half of the book is the theory behind switching to a nutritious diet with an emphasis on nutrition for cancer. This is where the technical explanations are relevant. I have a background in health and nutrition so I found it easy to understand. I think it is all well explained for someone new to the terminology, but other reviewers without a health background may be better able to comment on this.

I was surprised by how much of the book is information (about half) and was concerned that this would mean fewer useable recipes. This may have put me off buying I but when I took a little longer to look through the recipes, I was pleasantly surprised that I wanted to try quite a few. The recipe photos are very appealing and stimulate interest in the recipes. It would be nice if each recipe had a photo but the book would be much longer and even harder to keep open when cooking. There are plenty of useful charts that I intend to refer to, e.g. the portion size of fruit or vegetables, and essential vitamins and minerals. The index is useful; it is easy to look up a food and find the recipes that use it and the references to its health benefits (particularly useful if you have an organic food box and don't know what you'll be getting until it arrives!). Just so you don't have to flick about in the book, each recipe has a little introduction to tell you why it's good for you.

I like so much about this book I don't know where to start. It's a great book promoting sensible eating – no fads or reliance on “superfoods”. It sets up the framework for the recipes by explaining the theory behind nutrition. The recipes then put the theory into

practice: no processed food; no added sugar; little carbohydrate. Where sweetness is required, it is taken from fruit, honey, or molasses. This is particularly helpful; most recipe books continue to use sugar or artificial sweeteners, which misses the point. There are concise sections on a variety of issues relevant to nutrition and cancer, e.g. coping with side effects or symptoms, how to try to put on weight (most recipe books don't provide a healthy solution for this), and coping with stress.

My main criticism is one common to many cookbooks: it is very difficult to keep the page open when you are trying to follow a recipe with your hands covered in food. Recipe books with a thinner spine or in a ring binder are much easier to cope with. Another comment (not a criticism as such) is that I really can't imagine being as enthusiastic about it prior to my de-bulking surgery when I suffered loss of appetite. Loss of appetite meant a huge demotivation to have anything to do with food. So, it's very unlikely that I would have made the effort to make these recipes even though they're good for me. Whilst I'd happily recommend this book to anyone, it is with the caveat that you have someone to help with preparation and keep you on track.

I don't own many recipe books because I started looking for recipes online. However, since changing my diet, I have found it increasingly difficult to find recipes online that include the types of ingredients I want to eat and not those I don't. This book is ideal because it brings together in one place enough recipes that meet my criteria without me having to check through each ingredient in every recipe that tags itself as "healthy". If you have a diet that uses only fresh and naturally occurring ingredients without additives, then this is a great buy, irrespective of whether cancer affects you. I have browsed other books that claim to have an emphasis on "healthy" eating but discarded all of them because they didn't fit with my idea of what is healthy. I probably would have bought this one just from flicking through the recipes.

Another issue with generic healthy eating books is the emphasis on weight loss. I know people with other conditions who have lost their appetite and they agree that it is frustrating and can lead to comments that are offensive if you have lost weight due to illness. It is refreshing to read these recipes and find tips for healthily increasing the calorie content for those of us who must watch our weight. This is a good point for health professionals who recommend weight-gaining foods high in sugar and bad fats (basically eat anything). They mean well – it is important to gain weight – but the patient is dismayed at the increasing evidence that sugar and bad fats may be cancer triggers. I recommend this book to the health profession to bridge this gap.

I felt positive each time I sat down and read this book. This is largely because it is providing information for me to take control of some part of my life. It helped me to feel that I could do something to help to improve my health and wellbeing. One of the common aspects of a cancer diagnosis is the feeling of lack of control, so being able to take control over a part of your life is very empowering. Family members may also feel a lack of control as they don't know how to help; well, this is a big way that they can. Overall, I found this book inspiring. It helped me to start trying different things with food such as getting a veg box that has surprise vegetables in it and using spices more than I do. I look forward to a second book with more recipes to try.

Living with ovarian cancer (36-45) (September 2016)



This book has a wide audience – those who want to learn about and cook food that's best for living with cancer. It is useful at all stages, at the early stage for those who want to do all they can and eat in the best way and later for those having treatment.

It's a very attractive book of decent length. The paper is hard wearing, which is necessary for a cookbook, and there are attractive colour photos, colour panels and different typefaces. There is a good flow to the book and the language sits well.

The recipes are good. I guess that if you are in the throes of difficult treatment you would not have the energy to make some of them, but a friend/family member or carer could. Some ingredients can be found in large supermarkets but some recipes have particular ingredients that might push up the price. Some quick everyday meals or snacks would be useful for when there is not a lot of time or inclination to cook.

This is a long-term book in that it is a different approach to looking at food and nutrition. It's not just a pluck-a-recipe book, but about making changes over time to absorb a different diet and approach to food for those with cancer or caring for them. One of the authors has been affected by cancer, so it's liveable not just theory. It has lots of walkthroughs on food and food types – it's different.

Melanoma outpatient (36-45) (June 2017)

This a very informative book with lots of useful and interesting facts on nutrition. It would be useful at any stage of the cancer journey for patients who want to eat more healthily. Everything is explained very well and there is a very helpful glossary.

The recipes are colourful, which makes them more appealing. The cover also makes it more appealing. The authors don't sound patronising and offer some great advice. I would not say that the ingredients are readily available and it will depend on where you live. Some will be expensive but some are things that you have in your cupboard or fridge. The recipes have step-by-step instructions and are easy to follow.

This book is full of excellent nutritional advice and will be beneficial to anyone who wants to improve their diet and eat more healthily. The recipes are easy to follow and look very appetising. However, some are not to my taste and some of the ingredients are not what I would normally eat. I am a very fussy eater and I do not think this book is for any fussy eaters who like simple and everyday food.

Overall, I would recommend this book to anyone who wants to eat more healthily and wants to keep to a healthy weight. Anyone who is diagnosed with cancer should start using it at the start of the journey as it is important to look after yourself.

Living with secondary breast cancer of the liver (46-55) (April 2017)

A lot of research has gone into this book and it describes the science behind cancer and various treatments at great length, so it will be useful for patients at any stage of cancer, carers, family, and health professionals. However, some may feel there is too much information, especially if they are expecting just a standard cookbook.

The recipes aren't overly difficult, but some require several ingredients or call for the overnight soaking of ingredients and the authors assume that readers will have access to a food processor or blender. The cover is aesthetically pleasing, the pages well presented and the authors are knowledgeable and positive, which I think cancer patients will appreciate. The language may not suit everyone as there are some uncommon words, e.g. deleterious. However, there is an extensive glossary of the technical words. Not every recipe has a photo, which may disappoint some readers.

This book is well presented, well researched and written, and I appreciated the positive tone, but I wonder if the thickness might be a little intimidating for some people. I also think it might go into too much depth regarding the science of cancer for those who are just expecting recipes.

A friend of someone with breast cancer and relative of someone with bowel cancer (26-35) (March 2017)

I recommend this book. It has useful information for a healthy way of life in general, and for keeping your body as healthy as possible to give it the best chances to fight illness. It covers many aspects of healthy eating and is well presented and easy to read and understand. The recipes are fairly easy to follow. There are some references to holistic areas that are not so well evidenced or researched.

Cancer researcher (36-45) (March 2017)

The first part of this book provides a great summary for anyone affected by cancer (patients, carers, family, friends, and health professionals), but patients and carers are most likely to be interested in the whole book from diagnosis on. Whatever your prognosis and management plan, one of the first things to cross your mind is what could I have done differently? One of the worst feelings is impotence as you deal with whatever is coming at you – biopsies, consultations, operations, chemo. This book allows you to take control of something; it helps you feel you are doing something for yourself that certainly won't harm you and may well improve your prognosis, or at least how you cope with it. It is very empowering at a time when you feel vulnerable.

The recipes that I have tried so far are very easy to follow. I like the explanations and the feeling that there is a reason for each ingredient and that it will all do you good. Although not all ingredients are readily available, and following the book to the letter may mean a complete change of store cupboard staples, the authors present a solid rationale for this. The initial investment may seem significant, but if you compare it to the cost of three ready meals, a few coffees, and a week's worth of shop-bought snacks, it's incomparable in terms of the health benefits; the first two pages of the recipe section spell this out clearly. One note: they do mention fresh turmeric a lot but I can't source this easily. It might just be me, but more guidance would be useful.

It is very well written, clear, and easy to follow. I love how the authors explain the science in clearly and concisely, which I think will be straightforward and helpful for most people. But, I wonder if some parts are too complicated. As a science writer who works in medical communication, including in oncology, I thought the summary was perfect but how will it be for a non-scientist? Some of the trickier concepts are explained well in the text, but it would have been hugely helpful to include some illustrations; many people find it much easier to learn and follow something visual and this would have benefited a wider audience. I asked a couple of non-scientists to read part of the first section, and they did admit to finding it heavy going, but they are not cancer patients and so perhaps not as invested in it as most of the audience. The glossary is helpful and the subheadings and contents page make it easier to navigate. The recipes section is clear and easy to follow for all.

I didn't look at the cover and think "yum, I must make that". The photograph looks like an M&S salad; I guess the emphasis is on how easy it is to put together and eat healthily, but it looks like the kind of salad I would already make. It is an odd choice when you could have something that makes you think "wow, I can make something like that and it's going to be really good for me". The paper, layout and typeface are great as is the photography. I made the soda bread and it looked like the picture. Hooray. I also like the callouts and shaded boxes, especially in the early section. The section is heavy going, so they help break things up. The authors' style and tone are good, not patronising and not too clinical. Their experiences add credence to the content and they clearly know their stuff; you don't question their credibility.

I really appreciate the first section; you can spend a crazy amount of time on the internet reading and worrying about all sorts of non-clinical options when you have cancer. Putting everything in one place, writing about the different options clearly and succinctly and discussing the differences with evidence-based medicine, is informative and interesting. This section is very well written. I also like the recipes, and my family and I have enjoyed everything I have made so far.

The title is misleading. When I buy a cookbook, I expect it to be mainly recipes but recipes are only half of this book. It does provide an excellent insight into, and summary of, nutrition and lifestyle options that may be beneficial to be aware of or consider as a patient or carer, together with a selection of recipes that can help to support the recommended changes. The subtitle almost covers it, but most people will read the title. It should be something like "Living well with cancer: a cookbook and guide to nutrition, lifestyle and health" ... but clearly a bit more succinct.

I question the balance of the first section. I didn't notice glaring inaccuracies but it is hard to check; the reading list is great if you want more information, perhaps it could be mentioned early in the book and key sources cited in the text. There is little to explain how much/little evidence there is to support some of the ideas and all have equal weighting (although it is clearly explained they are not evidence based). You can clearly see which ideas the authors favour, but perhaps that's OK? I'm not sure; so much of the early part is said with such authority, that even when the sources are not quite so credible, you will be inclined to go with it. It clearly requires a much more informed and technical review than I can give, but as a scientist, I find this worrying.

I enjoyed reading and reviewing this book and making the recipes and I intend to make more. Since my diagnosis, I have become increasingly interested in nutrition, but we didn't eat unhealthily before so following the ideas in this book doesn't require a complete rethink. But it has made me stop and think about certain things, and I will take on board some of the ideas. It is hugely helpful to think about what I can do to take control of a disease that is so much out of my control. My only reservation is the first section; I'm not sure this will appeal to everyone.

Sarcoma (leiomyosarcoma) patient (36-45) (February 2017)

This book covers nutrition, lifestyle, and health issues for anyone: people who are really into healthy eating and lifestyle who wish to improve their diet to complement the treatment they are having for cancer; people who have finished their treatment and want to change their eating habits and lifestyle to help keep them fit and healthy; and carers who are seeking information on recipes that are nutritional to help build someone up who has lost their appetite and weight due to treatment.

It is mostly easy to understand. There is quite a lot of technical language and it feels like a biology textbook in parts. It explains the science behind cancer. There is a huge glossary, plus an index that helps you find what you're looking for. It looks appealing; the cover is attractive, there are plenty of colourful pictures, and the typeface is fine. However, it is quite large and heavy. The recipes are easy to follow but I had not heard of some ingredients and some recipes would be quite expensive. There is advice on how to stock up your kitchen before you start and once you have had the initial layout for the herbs and dried ingredients it will be easy.

I like the recipes and learning about the nutritional value of food. It's a book you can dip in and out of. There is quite a lot of technical reading before you get to the recipes and the title is a little misleading; it's not just a cookbook it's a cancer guide for healthy eating and living. I will probably recommend it, depending on the person, the stage of their cancer and their mindset. I gave it four stars because it is very well written and put together. It may be too technical for some but it is fantastic for those who do their research and are interested in alternative treatments for their cancer.

Breast cancer 2011 (66-75) (January 2017)

This is a good book for anyone with cancer who is cooking for themselves or someone cooking for a patient and looking for nutritious, tasty food. It could be used at any stage. It is easy to understand and the glossary explains any technical words simply. The cover is good... mostly pale with a lovely bright-coloured plate of food edging in. The words, "In support of Maggie's" made it appealing. The layout of the recipes is clear and I like lots of photographs of the finished dish.

I could find the ingredients and the cost is fine. I did not know a couple of ingredients but I looked them up and sourced them easily. *Butternut and sweet potato tagine with chermoula* (p. 185) doesn't mention chermoula in the recipe; harissa is used in the recipe but is chermoula? The recipe for chermoula is on page 260.

I like the good number of vegetarian recipes and the variety of simple and more complex recipes. The cauliflower and butterbean mash is so tasty. However, I don't like the 130 pages of information before the recipes.

Endometrial cancer survivor. Adenocarcinoma and uterine papillary serous cell carcinoma (56-65) (January 2017)

This book outlines the facts about diet and lifestyle and how cancer patients can improve their outcomes by making changes to their lifestyle, such as diet and exercise. It is most useful before, during or after chemotherapy.

The authors introduce the reader to the complexity of cancer and how we can respond by improving our diet and lifestyle. The fact that 80% of our immune system is in our gut is a very powerful argument to be vigilant about what we eat. The table of anti-cancer foods most appropriate to a condition is very useful. The information about vitamins contained in specific foods is also clear and helpful. The authors list the top anti-cancer foods and specific foods for chemo and healing the gut. They also clearly describe calorie restriction, the ketogenic diet (low carbs, adequate protein, high fat) and Gerson therapy (oxygen rich environment) and nutraceuticals (supplements).

The recipes are straightforward although readers may not be familiar with some ingredients; I have not used Amaranth, seaweed flakes or hemp seeds before. There is a helpful glossary but the detail on pages 16-29 is difficult for a layman. Diagrams of cell changes might be clearer than descriptions of cell apoptosis, angiogenesis, epigenetics, or the role of DNA. I was inspired by the World Cancer Research Fund quote that "a diet rich in plant foods is beneficial in reducing cancer risk and the advice of a nutrition expert at diagnosis would improve outcomes". This is more important to patients than the science behind cell behaviour.

I learnt several new approaches to help fight cancer and I highly recommend this book to patients and carers. The cover is colourful and there are good photos of many recipes. The recipes are clear and easy to follow and the evidence for adopting a specific diet appropriate to your circumstances is made very emphatically

Friend of prostate cancer patient (56-65) (January 2017)

This is an appropriate and informative book for anyone interested in nutrition and diet. It has useful comments about essential wellbeing and is useful at all stages of cancer. It will also be useful reading for dieticians, those giving advice to patients, and anyone looking for practical information about managing food intake.

It is very well organised. The sections are clear, full of advice and information. It is readable and easy to dip into or read from cover to cover. The index is clear if you want to look up an aspect of cancer, general health, or ingredients. There is a comprehensive glossary and bibliography, including charts. The language is friendly and conversational, e.g. "I would recommend" or "I believe". There are cross references to other pages and sections, which are easy to follow. The front cover is

colourful and the back clearly explains what the book is trying to achieve. It sets out at the beginning to be a positive book. It is broken up into readable sections or you can dip into the chapters. I like the way that articles by other contributors are on coloured pages. The recipe photos are attractive.

It is positive about things you can do to make changes and there is a good section on chemical overload. However, some of the recipes have a lot of ingredients and many of them are not in the average store cupboard. You may have to buy ingredients that are used only in one recipe (some stockists are mentioned). In Chapter 6 (Life after treatment), there is a reference to a two-day diet book but I could not find this in the bibliography. I am not sure about the word cancer in the title; this may put off a wider readership and I have received comments about whether it is necessary to include it. I have already suggested this book to someone with another illness as the advice is also appropriate for them.

Friend of cancer patient (56-65) (December 2016)

This book will be most useful from initial diagnosis to help people with their lifestyle and when thinking about alternative coping and diet strategies. The authors engage the reader/audience from the onset. There is a very good, simple, and easy to read short introduction, a short paragraph on the reasoning/theory behind this book, and a simple insight into the holistic approach and what the recipes are about.

It is very easy and simple to understand, as there is a dedicated section for each aspect. The theory section (Part 1) is special and unique for the reader, and has case-studies that the reader can understand and relate to. The authors have used appropriate terminology for specific sections, where it is needed to explain things such as in Part 1 section 2, and most other sections. Their explanations are jargon free, which is very appealing. There are essential technical/medical terms in the glossary (pp. 271-272), which can be difficult for the target audience to read, but the explanations are clear and understandable.

The recipes are easy and straight forward to follow, the language and terms used are clear and jargon free. The ingredients are identifiable and available in supermarket and specialist health food stores too. The prices for ingredients will not be too expensive to purchase either.

It is a very colourful book with lots of photos, images and tables that fit well. It is good that each section in the part(s) is a different colour; this helps to break the section up. The typeface is easy to read, and is also highlighted wherever necessary. The font size is adequate for the page and readable. The recipes are set out well on each page, with relevant photos too. The layout is divided appropriately with a simple divider of a dotted line, which is easy to understand and follow. Also, there is good use of bold fonts for the ingredients, colour font for the introduction/theory and non-bold font for the method/instructions part which is also clearly separated with a colourful numbering font too. The quality of the paper is very good, it is durable and has a good weight and is not flimsy.

The cover is colourful with a nice light background and a photo of an appetizing, healthy and nutritious meal, as well as good use of font/size/colour for the authors' names. The text is bold, a good size which is easy to read, and use colours which are also used within the book itself. The spine stands out with a green background and good use of text size, font, bold and colours. The back also has a nice light background with photos of food items on the left-hand side, which works very well.

This is a very simple book, easy to follow with just enough relevant information for its intended purpose. It is an enjoyable read and easy to use. It is a bonus to see a whole section dedicated to alternative approaches and therapies to cancer care (pp. 106-125) specific to current day approaches. There is really nothing I dislike about this book, other than its weight. It becomes heavy to hold after a while, and must either be put down and left open on a table to read or closed and returned to later.

Relative of a breast cancer patient (36-45) (November 2016)

This is an all-rounder; although the title implies that it's for people with cancer, its appeal is wide ranging. It is informative and insightful for anyone interested in a healthy, nutritious diet and a good book to read if you want to make changes to how you eat, at any point in your life. It explains how diet can influence and help prevent ill health and provides useful guidance for people receiving treatment. The recipes are easy to assemble, tailored to meet the needs of people having chemotherapy and radiotherapy, and it explains how and why these diets might help control symptoms.

Hooray for a cookery book that has easy to follow recipes, that is not too "cheffy" and not too time consuming. Some of the ingredients might not be run-of-the-mill store cupboard ingredients, but, if you want to experiment with some new and delicious foods, it's well worth the extra effort. Most ingredients can be picked up at your local shop or health food store and once you have them in the cupboard, you have the means to create lots of interesting new dishes.

It is divided into detailed sections, beginning with the author's very personal account of dealing with her son's diagnosis of acute lymphoblastic leukaemia and the impact this had on their lives. It moves on to consider medical research into diet and nutrition. The recipes that follow encourage the reader towards a healthy but exciting eating regime. The language is approachable and easy to follow and there is a useful glossary and resource section towards the end of the book.

The style and approach of the book has a no-nonsense feel to it. What you see on the cover is what you get: a simple, well-designed, but positive approach to living well with cancer cookbook. The layout is easy to follow. There are links to useful website and it also offers guidance on the availability of further research for anyone wanting to explore the more scientific aspects of the link between diet and health. The photographs are uplifting, colourful and encourage the reader to "have a go".

This book takes a positive approach to living with cancer and shows you how to take charge of your life through healthy eating when everything else seems out of your control. It is empowering. It takes you on a food journey. It invites you to consider medical research into diet and nutrition and offers a wonderful variety of recipes.

From *Chai strawberry and cashew milk pots* to *Braised spiced aubergine*, there is a range of recipes to tempt even the most discerning. It also offers guidance on types of foods to avoid or seek out during radiotherapy or chemotherapy. I will refer to it repeatedly and probably see something new each time.

Bowel cancer survivor (2000) (56-65) (November 2016)

This book has enough nutritional and dietary information to benefit anyone living with cancer, carers, family, and friends, who would like to be more informed. It is valuable at all stages. A good and varied diet can help patients with things such as energy levels, nutrition, and a better quality of life. The recipes are specifically designed to prepare the body for treatment and help it fight illness and infection.

All technical words are explained, and the many illustrations to explain the nutritional benefits of specific foods are the best part of the book. Even without the recipes, they make it easy to understand what foods you should be eating and why. The recipes are quite easy to follow but some require a level of preparation that may be difficult for someone who is very ill or tired. The ingredients vary from basic to unknown but there are only three that I couldn't find in my supermarket. I ventured to a health food shop for these and managed to find two but they were more expensive than my budget would allow. You will need a generous budget for most of the recipes, and this may not be manageable. It is also inconvenient to have to venture further for a specific item. However, I swapped those that I couldn't find or that were too expensive for cheaper and more readily available near-perfect alternatives. The most disappointing thing about the book is that it does not give alternative ingredients; this would be helpful, whether for reasons of cost, allergy, intolerance, or availability.

It is a colourful and cheery hardback with thick glossy pages and excellent photos. The layout is a little scattered at times but isn't confusing. However, I dislike the emphasis on holistic/alternative therapies. The authors state that treatments advised by your doctor are the best option, but backtrack at times and over-emphasise holistic therapies. Evidence-based medicine is always best and encouraging non-scientific therapies may do more harm than good. It did not sit well with me but it may not bother others. If you would like to try, or know more about, holistic therapies, this book may be great for you, regardless of the recipes.

My absolute favourite thing is the vast amount of information about what foods you should eat when living with cancer and why. The "why" part is something a lot of cookbooks leave out, but this book does a tremendous job of informing the reader. This information is vital and so valuable to anyone affected by cancer. It is easy to follow, almost all in graph/table form and I photocopied these pages for a friend and a relative with cancer; they have both said it has made a huge difference to their lives. As stated above, holistic therapies are over-emphasised at times. This is the only thing I dislike. It will not be an issue for those who want to know more about, or who use holistic therapies, and I recommend this book to them. It will also not be an issue for those who have no opinion about holistic therapies, or only want the recipes.

Relative of someone living with terminal secondary breast cancer. Friend currently being treated for lung cancer (26-35) (October 2016)

This book has the potential to be useful to anyone with an interest in health, nutrition, and basic healthy eating, regardless of cancer. I would love to have had it before or just after diagnosis. It explains the science behind cancer quite well and the recipes would be nice for potential prevention. There is much useful information, such as taking iron supplements between meals, so as not to interfere with zinc absorption.

The scientific information is explained as simply as possible. I mostly found it quite easy to follow, but at times there are large blocks of technical text; diagrams would help. I have a vivid imagination so could visualise as I was reading the text but I don't know if that would be easy for everyone. I often lost my train of thought and had occasionally to re-read a passage either intentionally to try to understand it better or because it was hard to concentrate. It might be better if the recipes are interspersed throughout the factual content. There is a handy glossary and the authors cross-reference explanations elsewhere, which is very helpful. Some information is presented in tables, which is very pleasing on the eye and easier to absorb and understand. The pictures and typeface are clear and grab your attention. The occasional change of background colour is extremely pleasing and makes a change for the eyes. If I saw this book in a bookshop, I would pick it up for closer inspection.

The recipes are very appealing, both the descriptions and the clear photographs. They are easy to follow but the ingredients and cost could be a problem. Some recipes have a long list of ingredients, which could be daunting, especially if you usually cook basic food. Some ingredients (such as mixed spice or eggs) may be store cupboard staples, but I investigated the prices from scratch and the cake on p. 246 costs over £23! For the *Seed crackers* (p.159), 1½ tps. of psyllium husks are required. The only source I could find was in capsule form at £13.99 for 200. I have been unable to locate seaweed flakes for sale anywhere (*Asian broth bowl* p. 224).

Some recipes are quite time-consuming and a patient on chemotherapy might not feel up to the work involved. For example, the *Shepherd's pie* (p. 226) suggests using homemade stock. Recipes for stocks are given in the book, but I don't imagine anyone undergoing chemotherapy or radiotherapy having the energy to spend 10 hours cooking just one of the ingredients. A carer may be able to do this if they have time, but we purchased Knorr stock for this. For someone with a bit of spare time though, and coping well with treatment, they would be fine.

At times, I found the authors' stance a little demeaning. The tone seems to imply that a cancer diagnosis is the patient's fault and down to diet and lifestyle. These factors may cause a rise in cancer, but cancer, like any disease, can still occur naturally. I don't think the authors accept this. I regularly eat good quality and quantities of the food suggested on p. 88, which it is claimed create a healthy terrain hostile to cancer cells, and I have had breast cancer. I don't like the long list of ingredients in some recipes nor the assumption that readers have plenty of disposable income and time.

The authors state (p. 40), "Being able to afford to eat a healthy diet is not beyond the reach of any of us. It may require a bit more thought and time than buying a ready meal". This is condescending and a great assumption. Someone unable to afford expensive organic food does not necessarily live on ready meals and this should not be assumed. The suggestion to empty your fridge and cupboards (p. 136) is

wasteful. Whilst I understand the point the authors are making, I feel that they have not considered readers surviving on benefits because they are too poorly to work.

Whilst most people will have some of the ingredients, this shouldn't be taken for granted. I checked online prices in Morrison's and Holland and Barrett. I made the *Shepherd's pie* and purchased the ingredients from ASDA. Mostly, the ingredients had to be purchased in greater quantities than needed and if non-perishable can be used in other recipes, reducing the cost of making those but the initial outlay may be prohibitive. A rough cost of making the *Shepherd's pie* was £12.73 (we had to buy coconut oil and only a larger pack of lamb mince was available in ASDA). *Energy bombs* (p. 245) cost £8.69. For *Brownies* (p. 242) a 400g bag of coconut flour alone was £3.45. For the *Berry bars* (p. 241) I couldn't find raw honey in any of the supermarkets; a 340g jar in Holland and Barrett's was £6.59. Some ingredients would be left over for other recipes but the initial outlay could be daunting.

I was a little concerned by a contribution (p. 71) from a gentleman quoted as being from an organic food supplier. Whilst I appreciate that what he is stating is no doubt true, as the company name is also given, (instead of "organic food supplier") could this be classed as an advert? I looked the company up; very appealing food, but £27.85 for a small vegetable and meat box, classed as feeding 1-2 people. Again, not everyone could afford that. (www.riverford.co.uk accessed 11/10/16).

I would probably buy this book but it could be irrelevant to many readers; it will depend on their stage of treatment and how much energy they have. It is very good for health professionals and carers, or people who have mostly recovered and want to change their dietary habits and lifestyle, or for those already living a healthy lifestyle and looking for further information and recipes.

Treated for primary stage/grade 3 breast cancer in 2013 (chemo, mastectomy, and radiotherapy). Reconstruction 2015, still taking Tamoxifen (46-55) (October 2016)

This book is useful for anyone; it is an interesting read on how healthy eating can improve many things, such as mood, as well as help reduce the risk of cancer. We could all do well to improve our diet, and it was interesting to understand more of the background. It might be overwhelming when you have just been diagnosed. There are a lot of scientific explanations and it might not be helpful to know how a good diet can help prevent cancer when you have just been diagnosed. However, there are some great tips on how a good diet can improve many treatment side-effects, for example how turmeric can help prevent radiotherapy induced oral mucositis.

The recipes are easy to follow, in simple bullet points. Each recipe has a description about the benefits of the ingredients, for example the benefits of adding walnuts for additional omega 3 in a beetroot and goat's cheese salad. It is helpful to know why they have been added, and what benefits will come from eating them. I had never heard of some ingredients, e.g. molasses. The index points you to another page that explains it is a source of Vitamin B5, but I was still none the wiser about where to buy it. You could end up spending a fortune on the ingredients, so you might want to consider cheaper alternatives.

It is fairly easy to understand, but I did find all the information overwhelming. I have not been diagnosed with cancer, but I could imagine I would not be able to read much of it if I was; it is a lot to take in. If some of the information was in bullet points, instead of paragraphs, it might break up all the text and make it easier to digest. It does have a clear index and glossary. The language is easy to understand, but it is sometimes a bit too sciencey to be able to take in all the information.

The front cover shows a watermelon and pomegranate seed salad, which screams health and wellbeing, and natural, clean food. That indicated to me immediately how the rest of the book was going to be. The different colour title pages and information boxes break up the pages of information nicely. It is an appealing book to look at and would catch my eye in a bookshop. When talking about different things, for example the benefits of each fresh herb, the text is broken up into individual sections, but I think it would be more beneficial to then put the supporting text into bullet points instead of another paragraph; the amount of information is a little overwhelming.

This book has encouraged me to think more about my diet; it makes me want to pay more attention to snacking on nuts and fruit for example, which have more benefits than my usual snack of a cereal bar. This is extremely beneficial to everyone regardless of health; if we all acted on some of the advice, we would be better off. I like that the authors had relevant reasons for writing this book, because of something that had affected them. This makes the advice much easier to follow.

Daughter of metastatic breast cancer patient (now deceased) (26-35) (October 2016)



Anyone wanting to follow a healthy life style may find this book of interest. For cancer patients, it is probably best read after diagnosis and treatment, perhaps for a different approach to, and understanding of, food generally. The recipes are quite easy, but it might be difficult to source some ingredients, depending where you live, for example fresh ginger, seaweed flakes, miso paste. Overall, the recipes are affordable.

The book is lovely quality and a nice size for reading and to use as a recipe book. The font is good, as are the recipe photos. I found the two-column format distracting. The first part is a hard read, some sentences have 30-40 words. There is a useful glossary explaining the medical terms. The six sections in part one don't seem to stand out and almost run into each other. I like the tables in part 1; they are very visual and easy to read. I also really like Fran's, Catherine's, and Sebastian's stories at the beginning. However, I expected more recipes.

I'm not sure this book will be for everyone; the reader will need good literacy skills. I see it more as reference book with recipes, so it will depend on what the reader wants. Although it is aimed at helping readers at diagnosis, during treatment and after treatment, I think it would be most beneficial after treatment.

Carer (56-65) (January 2017)

This book would be most useful once a person has recovered from cancer and/or treatment, and is looking for some guidance on how to nourish their body with the right foods. The recipes are mostly clear and easy to follow, with relatively simple and readily available ingredients. Each recipe is broken down into a small number of simple steps, meaning even the more complex dishes feel quite approachable.

It is easy to understand and very informative, especially the first half exploring cancer and nutrition in general. It is a very appealing book; it has the look and feel of a high-quality cookbook, with well-styled photography, a clean layout and good paper quality. Furthermore, the overall simplicity of the design and its professional appearance conveys how it is more than just a book of recipes, but rather it is an informative lifestyle guide on the proven nutritional benefits of eating well.

I really like how the first half of the book goes into a lot of detail about the science of eating well while being treated for, or recovering from, cancer. I think this would be useful for patient and carer and it lays a great foundation for the following recipes, as it explains why it is important to do, and eat, certain things, rather than simply saying to just do and eat them. I also really like the food styling and photography – it makes the food look appetising and high-quality, rather than the type of healthy food that people might usually associate with dealing with or recovering from cancer.

I found the way that the recipes were organised a little inconvenient. Rather than organising them by ingredient type, i.e. “Vegetables” and “Meat” it would have been more logical to perhaps arrange them according to their health benefits, to complement the first half of the book. With regards to the health benefits, it would also have been useful to have the key benefits of each recipe as a bullet points, so they are immediately obvious rather than hidden in the opening paragraph. Lastly, I found that some of the recipes did have a fair few ingredients and steps which, however easy to follow, may be a little overwhelming if someone was wanting to just make a simple, hearty, healthy meal.

Relative of bladder cancer survivor (Under 25) (March 2017)



This well-written book about the nutritional value of food could assist a cancer patient but the descriptions are more suitable for a trained nutritionist; they are very difficult for a lay person to understand. The book looks appealing; the photos are good and the recipes are well presented and easy to understand, However, some ingredients will be difficult to find other than online or in specialist shops, not on the high street.

This book is suitable for professionals. If you are looking for a cookbook to assist you with your cancer, you will be wasting your money – this is not for the lay person.

In remission from colon cancer (Over 75) (January 2017)

This book contains a vast amount of information about cancer types, treatments, and nutrition. It is clearly well researched and well intentioned. It is probably most useful for later stages of recovery but my initial thought was “Who is this book aimed at?”

There are 80 recipes in six categories: Breakfasts; snacks; vegetarian; fish, meat; and sweets. Roughly half seem to contain numerous ingredients, many of which I have never heard of. I regard myself as a better than fair cook and I found several recipes a little daunting. I get the impression that the authors are well-intentioned but with little grasp of what life is like outside London. Sourcing the ingredients for these recipes may be a simple enough task in large cities, but elsewhere? Very difficult, if not impossible. Who has the time? The vegetarian section is, however, excellent and I particularly like the Asian-influenced dishes.

The book is nicely produced and the illustrations are fine but the typeface is too small for an older person to read easily. The index is even smaller. Some sections of text are in yellow; who thought that was a good idea? The tone of the recipes is very much “Ladies who lunch”. Who would bother grating their own turmeric? I felt irritated by the number of ingredients I did not know existed.

I was disappointed by this book. It did not live up to my expectations and did not really appeal to me. Is it a guide to healthy eating? A cancer information source? Or is it a cookery book designed to get cancer patients eating again? In trying to be all things to all people, sadly it fails to achieve any of its aims. Who is going to buy it? I speak as a cancer survivor who had to learn to eat again. Slowly. What is needed is a step-by-step guide to the process of returning to normality and transitioning from nil-by-mouth to pureed food, soft diet meals. Learning what you can swallow and what you can't. It's a slow process but one that must be gone through. Good nutrition is fundamental to recovery. Let's make it easier.

Living with the after-effects of extensive surgery and radiotherapy for bone cancer of the mandible. Nil-by mouth for eight months and on a soft diet for two years while recovering and learning to eat again. I now eat almost normally and enjoy a wide variety of foods (66-75) (February 2017)

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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