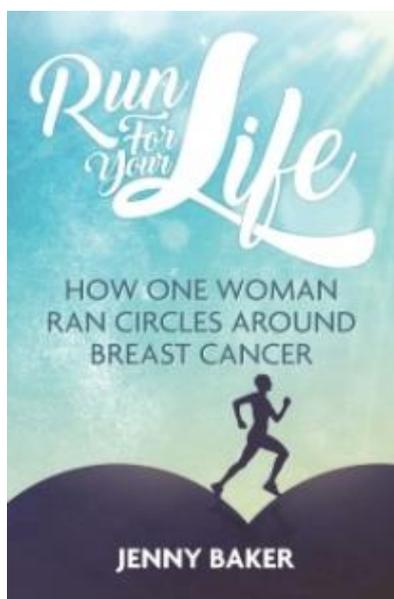


**MACMILLAN
CANCER SUPPORT**

BOOK REVIEWS

Read what people affected by cancer think about...



Run for your life. How one woman ran rings around breast cancer (2017)

Baker J.

Worthing: Pitch Publishing, 2017.

192pp.

ISBN 9781785312618.

Average score 4.1 (out of 5)

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This informative book would be useful for someone with breast cancer, especially runners or people who like exercising and intend to continue during their treatment. I found it very useful; I read it early in my treatment and it helped me to know what may be coming, the side effects of chemotherapy and so on.

It is easy to understand, with no technical words. However, if you are not a runner, you could become a bit bored with running talk and there is perhaps too much detail about some races. The language is easy to understand but the print is quite small, and some chapters are quite long, so it is not easy to pick up and put down. I like the inclusion of includes photographs; it's nice to see who Jenny is talking about and to see her with and without hair during treatment.

I love running and had just been diagnosed with the same breast cancer as Jenny, so it gave me a lot of hope that I could still run through my treatment. She is inspiring. Our treatment was very similar, and it is nice to read a successful story of someone who's been through the same. It is truthful but uplifting; it gave me hope I'd be able to continue running through my treatment and I did!

Breast cancer patient, almost finished treatment (36-45) (October 2017)

I like this telling of someone's cancer experience and how they dealt with it and managed to remain fit and keep doing the exercise that they enjoyed. It starts before diagnosis and ends after treatment. It is a motivational book, not just for someone with breast cancer but anyone who's thinking of taking up running.

I absolutely love it. I don't exercise very much anymore but have always liked the idea of running and when I finished the book I downloaded the Couch to 5K app and started running with a friend. I'm still very much at the first stages of running but am spurred on by Jenny Baker's experience.

I recommend this book to anyone; if life's a little sluggish it could give them the lift they need. It's something a little different and it's a very positive book.

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

This book is relevant for patients, carers, and health professional alike. For carers, there is useful information on how to help and support the patient. For those with cancer, the message is that it doesn't have to define you; even when you are going through treatment cycles, you can reclaim control. It is easy to read, and the language is appropriate. I am not completely sure about the clarity of the blog inserts; they are in a different font but may need to be dated.

I believe I would have found the writer inspirational, even without her diagnosis. I am not a runner, but my husband is, and I understand the compulsion to run and the daily challenge. I was amazed particularly at the challenge Jenny set to run to treatment sessions. I think many people would relate to her story

Health professional. I also lost my mother and a close friend to cancer (the latter, breast cancer) (46-55) (August 2017)

This is a very well-written, beautiful, and inspirational story of one's woman courage to face the struggle of a breast cancer diagnosis and subsequent treatment, while having an incredible drive to pursue her passion for running. It is for anyone affected by breast cancer, particularly those going through diagnosis and treatment, especially if struggling with the side-effects of treatment, who need to find an extra source of strength and motivation to keep going. It's also a good read for anyone looking for an uplifting, compassionate and soul-searching read, who is ready to re-evaluate their approach to fight for life while pursuing the things they love and enjoy.

The author conveys her experience in a logical order, from diagnosis and the mental stress, anxiety and changes that this may bring. The language is easy to follow and understand; the story is presented in a passionate, inspirational and down-to-earth manner and any medical terminology is tempered and tailored to ordinary readers. The paperback is light and portable. The font is a bit small but nothing unusual for a paperback (the Kindle format will greatly enhance the reading experience). I love the photos, they bring the story to life and make it more personal and real, great work!

It is incredible that someone has the strength and courage to run to and from chemo sessions. Anyone going through the same experience could draw upon Jenny's experience to keep fighting, never surrender, never give up. A strong mind can overpower a weak body; when your body becomes a shadow of its former self, willpower can indeed command it to say "yes, I can still run, chemo won't defeat me no matter how weak and powerless I become, I am much stronger than that, I can do it" (even my oncologist would be supportive, assuming she/he is also an avid runner – I love this part of the book). Honesty, authenticity and forgiveness of the people you love most, including the risks you are willing to take along the way, and your bravery can take you to the brighter and happier end of the tunnel.

I have already recommended this book to others affected by breast cancer who are passionate runners. It is empowering – a passion for running can be a resource to achieve so many incredible things in life, notwithstanding a powerful source of strength, willpower and long-lasting friendships. Five stars, with no reservations.

Living with DCIS (46-55) (August 2017)

This is a very interesting read for anyone struggling with trying to stay active during treatment but also anyone who simply enjoys reading about an interesting, inspiring person and their life story. I love the fact that this is about the author's experience; it isn't a right and wrong way to go through treatment, it is simply her story.

It flows well, following the author's story through diagnosis and treatment in order. It is easy to understand if you have been through diagnosis and treatment. There are photos in the middle of the author, her family, and friends; it is a nice touch to be able to see the people being written about. I like the cover; the colours are calming, and I like the simplicity of the shadow picture. The chapters are a reasonable length but not too long and the typeface is not too small and is easy enough to read.

I was drawn to this book by the title. Throughout treatment, I tried to find information on exercise during and after treatment. Advice is very broad and general, overall. I was a keen runner and had been training for a half marathon when I was diagnosed and found it hard to know just how much to keep pushing myself to keep going in something I loved, while trying to rest and recuperate. This book was the experience of a fellow runner and I found it most helpful. I enjoyed every aspect; the author is amazing in her determination to keep going yet she is also very balanced and very real about the effects on her running emotionally and mentally and how she views running post treatment. I could identify with her in so many ways, from plans being interrupted, feelings around chemo, surgery, and radiotherapy, and dealing with the effects on your life and relationships and activities.

I was pleasantly surprised to discover that this book is not just about treatment or just about running; Jenny has lived an interesting life and has an amazing story to tell. Her running in Palestine and all the issues surrounding her experiences were enlightening and helped me to refocus on the things I should be grateful for.

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

This is informative as an insight into one person's experience and is most useful for the psychological, physical, and emotional impact of cancer, for example: the importance of relationships and how they are challenged by change; the shared experience of limited thinking; and the importance of work, community, exercise, and diet in helping people through the effects of cancer. It could help others though a challenging time. The running events that the author attends in the UK and abroad, including Palestine, offer readers an inspiring view into her life and how running can be a way to travel and see new places. It may be more engaging for 25-55-year olds.

It's very readable and the author discusses things in a logical order: diagnosis; treatment and its side effects; and the sense of loss once the routine of appointments and treatment ends. The chapters are a suitable length. The photos in the middle help to bring alive the author's account. Her accounts of running events are very appealing – they represent a hobby, a coping strategy, a way of making friends and having connections, running for a good cause, and more.

I like the author's lifestyle, the friendships, and connections she makes with people (she makes a reference to being introverted, which offers hope to other introverts),

her resourcefulness and rewards from reaching out to others through social media, and the gratefulness she feels towards others. She writes about staying with a friend who she says truly understands how she feels and compares that to his struggles with mental health. I like the final sentence in which she expresses her love for her husband and says she would like to spend the rest of her life with him.

This book had quite an effect on me. It is engaging and informative and has inspired me to sign up for a half marathon, and to run it with my eldest son, with whom I have an estranged relationship. I plan to join a park run on Monday evening too, as a way of kick starting me into the training and possibly making new friends.

Macmillan Cancer Support Navigator (36-45) (June 2017)

You don't need to be a runner, nor have experience of breast cancer to enjoy this book. It is about having something that you enjoy and is part of your identity that anchors you when your life is turned upside down by a cancer diagnosis.

It is very easy to read, with no technical terms. It starts with Jenny finding her passion for running, before moving on to her diagnosis and treatment. The cover is simple and effective, reflecting the content. There is a short section of photos that are all relevant and in chronological order.

I like Jenny's absolute honesty about how she feels throughout her journey, from the mental and physical challenges of running, how she felt betrayed by her body when diagnosed, to the mental and physical challenges of treatment. She puts into words emotions that we may not be able to describe ourselves. It may help relatives, carers, professionals to understand in a small way how someone with cancer is feeling.

I was in awe of Jenny's strength and her determination to not lose a key part of her identity despite her diagnosis. Running and training for marathons was something she knew, and she applies the same principles to her treatment: day by day, step by step. This is a story of hope and is a very emotional and inspiring read.

Relative of someone with breast cancer (26-35) (June 2017)

This book has information that could help breast cancer patients and their loved ones and carers. It will also interest runners. It is most useful for its great insight into the resilience required just to carry on; at the same time, it offers hope.

It's easy to read from cover to cover, or you can dip in and out. It's very easy to understand; it's not patronising and doesn't aim too high, Jenny writes in a warm, conversational tone. The cover reminds me of American-style book covers.

Jenny's story is fascinating, even for a non-runner. It's as if she has cross-referenced her life and given me the key to her filing cabinet. I heartily recommend it; it's not just for patients and their loved ones, it should be of interest to runners too.

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

Anyone could read this insight into one woman's journey with its interesting focus on running as a way of feeling in control of one element of life. Some people may find it inspirational – it may give them the courage to try it themselves – but others may find the idea of doing any activity during treatment overwhelming and an added pressure.

Jenny gives practical advice about how to organise yourself during treatment, and how by doing this she felt more in control. Although the book is structured around running, it gives an insightful and truthful account of her feelings (I could identify with many) and helps you to realise you're not alone. I like how she talks about how hard it is to tell others, how she didn't want pity, and how important it is to feel in control of even the smallest element of your life. I also like the comparison she drew between preparing for a race and treatment (p. 107). One that particularly rings true is "run the mile you are in"; so true when running a long race or going through treatment – concentrate on what's in front of you, one step at a time.

It's an accessible book, easy to read in small or large sections. There is nothing too technical to get your head around! I like how it looks, the size and the paper. I love the inclusion of some personal photos; I always like to be able to put faces to names.

It is honest without being too harrowing. I might feel different if still having treatment, but I don't think so. Anyone into running will also find it interesting and inspiring. It may not appeal to those who have never had a sport or hobby that helps with stress, it might just be baffling (why would you want to run while having treatment?), but the blurb on the back tells you that. I love this book! I would recommend it if I didn't think it would make them feel they had to be normal or positive or superwoman!

Previous breast cancer patient (2009) (36-45) (March 2017)



This book could help people understand the emotions of the patient. It helped me to articulate how I was and am feeling, to realise that these feelings are normal, and that I am not alone in these thoughts. I asked my husband to read it as it resonated with me and I thought it might help him to understand my feelings; I was and still am, finding it difficult to deal with the emotional impact of diagnosis and treatment.

I started to read it just before I started chemotherapy and it was a good guideline as to what to expect and when. I had surgery first and then chemotherapy, which is opposite to the author, but I could still relate to her story. I have come back to sections at various points in my treatment, more for reassurance than anything else.

The terminology is easy to understand; anyone who has been diagnosed with breast cancer and is starting down the maze of treatments will be familiar with it. The cover is positive and attractive and drew me in; I like the idea of hills representing breasts. The figure in the picture is strong and taking on the journey ahead. The different typefaces for the main narrative and the blogs helps to differentiate them.

This book helped me to face my treatment with a positive attitude. I am not a runner at the same level as Jenny, but it made me realise that exercise during treatment is still an option and has physical and mental benefits. It also helped me to realise that it is ok to feel sad about having a cancer diagnosis and all that comes with it. It helped me realise that sadness should be acknowledged, recognised, and accepted but to be careful not to cross the line into self-pity. My only dislike is that there is just a little bit too much background about running in the first two chapters.

I would recommend this book to other people who take part in running or other active sports. It shows that not everything has to stop.

Living with breast cancer and currently undergoing chemotherapy, followed by radiotherapy and then tamoxifen (46-55) (November 2017)

This offers a good balance of practical information for living with or supporting someone with cancer, plus the emotional impact cancer can have not just the patient but the family and friends around them. It opens before the author is diagnosed with breast cancer and follows her journey through her diagnosis and treatment.

The title is eye catching and makes you think about what context the book could be set in. The cover has a running figure on the front, so you understand that the book is going to be about running or have a sporting interest. The author includes photos, which make it more relatable and give you a sense of who she is as a person. At first glance, the typeface appears quite small, but I did not find this a problem when reading. There isn't a glossary, but the author explains technical terms in the text.

I love how inspiring this book is! I like to run, so instantly took an interest in it. In the first few chapters, Jenny talks about how her passion for running came about, so you get to know her personally before she talks about her diagnosis and how this affected her. She spent some time running in Palestine, something that was very important to her and so this topic features throughout the book. This was a real insight as this is not an area I am familiar with and so I found the book informative in a way that I wasn't expecting. Jenny managed to keep running throughout treatment, which is just incredible, and I found this really awe inspiring. Everyone's cancer journey is different but to me it showed what the human body is capable of and what you can achieve

Jenny provides good factual detail about her experience but, for me, her book is more about the emotional journey she goes through herself and with her family and friends. If you had an interest in sport as well as cancer experiences, then this would be a great book recommendation. Even if you don't, it would be a very inspiring book.

Caring for someone recovering from breast cancer (26-35) (October 2017)

This autobiographical account goes into detail about the author's life from before diagnosis to after treatment. The author talks about surgery, chemotherapy and radiotherapy, so it is useful in terms of treatment. There is a list of suggestions on how you can help someone you know with cancer. It also talks in depth about the diagnosis process, which seemed to take quite a while for the author. It highlights her passions and her desire to pursue those passions and not put her life on hold. It is very encouraging and takes into account that everyone's experience will be different.

It isn't very technical. The author appears to have had little previous experience of cancer. She explains a lot about her appointments, her confusion, and waiting to be told about treatment, taking you on her journey of understanding. The book looks quite basic but not unappealing. There are clear chapters with obvious titles, e.g. "Chemotherapy" that you can skip to if you want. There is also a centrefold of colour photos of the author and others in the book that correlate with the stories she tells.

I like how honest this book is. I like that the author is British – her medical experience will be relatable for British readers. She goes into detail about her treatment and this is interesting; she even explains the different options for breast reconstruction that some may want to learn about before having to face it themselves or to be aware of what others are going through. She focuses heavily on incorporating exercise into your life during treatment and so it would be great for anyone who is very active but may be put off others who cannot relate to this. I didn't really dislike anything. It feels quite long at the start before Jenny got into her cancer story but that adds to her point that she wasn't letting cancer define her and gives the background to her situation.

This book is useful in terms of setting out the experience of going through cancer and what to expect. It would be most useful to someone going through cancer who wants to carry on a physical activity like running that they were already into before being diagnosed. Jenny was a very experienced runner already and so what was possible for her may not be possible for others who do not have a sporting background. The author is clearly also passionate about the political situation in Palestine. If someone is not interested in running or Palestine they may be put off, especially in the first couple of chapters. I therefore wouldn't recommend it to those who are averse to physical activity or who do not want to read about the political situation in Palestine.

Daughter of liver cancer patient (Under 25) (September 2017)

This book will be helpful right at the start of a breast cancer journey. The descriptions and the idea that life can continue during treatment will be a source of hope for anyone. The tips on how to help are wonderful and provide a welcome source of information for friends and family. I also think this book will provide reassurance and hope for patients who are active/athletic prior to their treatment.

It is very easy to understand and an attractive book – the cover catches the eye. The section on how to help is a wonderful addition; the ideas are practical and simple.

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

Jenny Baker was a committed long-distance runner when she was diagnosed with breast cancer. After diagnosis, she was determined to run to every one of her chemo sessions – and she did. She takes the reader through her breast cancer journey, starting with her life before cancer and moving through diagnosis to each stage in treatment. Her book gives an accurate description of what to expect while going through diagnosis and treatment for breast cancer, without being frightening.

The paperback is small and light enough to read lying on the sofa or in bed. It is easy to read and understand, whether Jenny is writing about the technicalities of running or treatment. I like her friendly and engaging style and could relate to many aspects of her treatment and her feelings. She is positive but not patronising or unrealistic and I especially like that she made it very clear that despite cancer, life carries on. She continued to run during treatment and became a grandmother. The parts about running are interesting; I didn't know much about it before and would have assumed that it wouldn't be possible to run throughout treatment.

This book will be very reassuring to someone starting treatment. If they don't want to read it from cover to cover, they could read the relevant chapters about their stage of treatment, e.g. chemo, hair loss, surgery. It is informative and would give someone just diagnosed the reassurance that life doesn't have to stop because you have cancer, and that you can still carry on doing the things you enjoy.

Readers will relate to many aspects of Jenny's treatment: the shock at diagnosis; the physical symptoms following chemo; the feelings around hair loss. I wish I'd read it when first diagnosed; it would have shown me what to expect, that my thoughts and feelings were not unusual, and that someone else had experienced them. I am not likely to take up running, but I found the sections on running interesting. More than anything, they reinforced for me that life doesn't stop when you have cancer; you can continue to do the things you love, albeit with some adjustment.

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

This is beautifully written and inspirational; I nearly looked out my old running shoes! It is likely to be most useful for people who want to keep fit and motivated through treatment and who like to set goals. There is quite a lot of background about the author's running "history" before she was diagnosed; this is helpful and explains how it helps her cope with diagnosis and treatment. The information about running in Palestine is fascinating. There are a few religious references, but nothing too off-putting! I even like the poem. The author lives not far from me, so the extra local details about running tracks and hospitals were particularly involving.

Unlike many of the personal cancer stories I've reviewed, this is well written and involving. The author's blog posts, which interrupt the text, are in a different typeface, so you can read them, or not. The photos are mostly of the same people and connected to running, but it's good to put faces to names. I hated the subtitle (How one woman ran circles round breast cancer); it feels contrived and inaccurate and the typeface looks old fashioned, but maybe that's just me. And are the hills she's running across meant to represent breasts? Or, again, is that just me??

I like this book because I used to run (and still did Zumba classes while having weekly chemo) and think that trying to keep fit through a difficult time, like a cancer diagnosis, can help and support you, mentally and physically. As with singing, the endorphins from physical activity contribute hugely to a cancer patient's sense of well-being. They're not something you can prescribe, so anything you can do to help yourself can only be a good thing. "Run for your life" communicates the feeling that you CAN control a part of your life, even when you're experiencing something awful. And it is well-written and edited, so that is a bonus. I will probably recommend it to people who think keeping fit is important, even during treatment, although it does cover diagnosis, treatment, and feelings post-treatment. It shows that you can still try to keep up a hobby that contributes to your self-esteem and sense of self.

Cancer patient and (very) ex-runner (66-75) (May 2017)

I enjoyed reading this insight into facing a diagnosis of breast cancer and all the treatment. The way that Jenny faced the challenges of cancer and used her running in such a positive way is inspirational. It is clear how important her running is to her and how determined she was to keep it going as much as possible during treatment. I am not a runner but enjoy keeping active and am considering giving it a go.

It is easy to understand, and no unexplained jargon is used. The cover is not particularly eye catching. There are some photos in the middle and the typeface and paper quality are good. The layout is logical although there is quite a lot of repetition.

Jenny talks of her treatment plan and the side effects of chemotherapy, mastectomy, and radiotherapy, but everybody's experience is unique and although I could relate to some aspects, not all of it was relevant to me. She also comments an awful lot on the support she received from friends and family; this is great, and she acknowledges how fortunate she is, but, if you don't have that support it might be upsetting.

Jenny's attitude to her diagnosis is inspirational, but also honest. She had good days and bad, but she wasn't going to let it define her. I like how she would not let it beat her, but how she was sensible and listened to her body. I have also experienced a very difficult year of being treated for breast cancer, and am now out the other side, but life will never be the same again and I am just trying to stay positive.

Former breast cancer patient (46-55) (May 2017)

This is helpful for someone recently diagnosed or having treatment – much of the information about chemotherapy is understandably focused on potential side effects. Jenny recounts her experience of diagnosis and treatment (including surgery) and life post active treatment and highlights how exercise is possible during treatment and its emotional benefits. It is relevant for patients with any cancer type or their carers, and for anyone who has an interest in how exercise can help cope with a cancer diagnosis and treatment. It is an easy read and the photos showing the author participating in various sporting challenges really bring the book to life.

Jenny's passion for running is evident from the start (the first 55 pages don't really touch on cancer). She describes how family and friends helped her to ensure that her passion continued during treatment. She highlights many of my feelings: being daunted by chemo, knowing it would make me feel more ill; powerful emotions triggered by the prospect and reality of hair loss; being unsure what treatment meant for day-to-day activities and thinking that not being able to exercise should be the least of my worries; feeling a small victory if I was in the oncology suite in gym gear, evidence that cancer had not taken away my ability to exercise; trusting my body to know when I was overdoing it; the all-too-familiar impact of chemotherapy during each three weekly cycle, but feeling reassured by the pattern; feeling "safe" during treatment with the routine of hospital visits; the "emptiness" post treatment; and vulnerability. As a regular participant in my local parkrun, I could relate to the inclusive way in which the parkrun community and concept is depicted and how it serves such an important and varied role in so many people's lives. Jenny's account of waking up from surgery and realising the enormity of the recovery process that lay ahead struck a chord, as did the discomfort of dragging round unsightly drains.

The focus of this book is about how a passion for exercise helped emotional well-being during diagnosis, treatment and beyond. It is likely to appeal to people who regularly exercised prior to a cancer diagnosis, but equally it may encourage those not so active to become more active.

Living with ovarian cancer (36-45) (February 2017)

This is a source of inspiration and support for patients who wish to maintain a focus on sport and exercise. It also shares valuable insights into many challenges: e.g. telling others you have cancer; "getting myself back"; and how to help.

It is a beautifully crafted book. Jenny is a professional writer and has a warm and engaging style that makes for a very interesting read. You sense that she is talking personally with you. It is a standard paperback, with a tasteful cover and photographs of the author, friends and family. Most photos were taken during running events.

I like that Jenny is a deep-thinking person who shares her thoughts about many taboo subjects: how do you tell friends, family, and colleagues that you have cancer; how do you deal with the loss of achievement and competence that treatment imposes; what about sorrow and self-pity. She is generous with her thoughts, and her advice and information about treatment at Charing Cross Hospital, London.

Strangely, I felt the least interesting parts of the book were about running, running clubs and various races. As a former runner, I can't find the thought of running in central London appealing. Nevertheless, the author's good writing style does describe her passion for running very well. Jenny decided to become a vegan and changed her diet "overnight". As a vegan, I found this very interesting, and wanted to read more about this important aspect of her life. However, it is alluded to only fleetingly several times in the book. Jenny also has a loving family, a large network of friends and a supportive community of fellow-runners. Not everyone has such good fortune in these respects, and this book may bring any shortfall into sharp focus.

Jenny describes her journey from just before diagnosis to recovery after treatment (chemotherapy, surgery, radiotherapy). More than that, she shares thoughts about a range of challenges she experienced, including the loss of a sense of control and structure in her life as well as achievements that she was formerly accustomed to. She explains her passion for running, especially how it gave her a sense of identity while treatment was stripping away everything important to her. The parts that focus on running disciplines, races, and personal bests are the least interesting, but it would be a shame if potential readers were put off by the theme of running. For there is much more to this book. It can inspire and inform readers whose lives are touched by cancer. Jenny considers many aspects of diagnosis and treatment missed by other accounts – how do you deal with feelings of hopelessness, lack of achievement, or the practical hurdles of trying to work part time during treatment? It is not all about her; Jenny is generous with her advice and helpful thoughts. Even if you do not aspire to be a runner, you can appreciate her enthusiasm and zest for her lifestyle.

Friend. Former carer and health professional (56-65) (January 2017)



If I were to describe this book, I would say that the cancer experiences are second to the running experiences. It could therefore be of interest to anyone. It is easy to understand and sends out a positive but honest message. A few sentences really struck a chord, for example when the author writes that it was her own body that was effectively trying to kill her.

The book lacks humour and while I understand that everyone's cancer experience is different, there is a lack of detail about her experience. Did she never befriend other patients or develop a bond with a nurse? It comes across as being more about running than the experience of cancer. My husband really struggled with it because of this. However, since reading it, I have gone on to run a 5k, so it has inspired me to push myself after treatment.

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

This wasn't my cup of tea although I admire Jenny's determination to run to each chemo appointment and to keep on going, with many goals to achieve. It may be useful for anyone who wants to read about breast cancer and how someone with extreme determination can successfully carry on and overcome it.

It has a lovely feel to it. It is easy to hold, the font is a good size, and the paper is free from glare. It is easy to understand, but it is so much about running that after a while I switched off. Commonplace technical terms are not explained, and I dislike the use of "running" so many times. I know the author is a runner, but there are other verbs! I might recommend it. I didn't like or dislike it, I was just nonplussed by it.

Living with cancer (myelodysplastic syndrome) (46-55) (August 2017)

This is only relevant to someone who is a serious runner. It does not contain a lot of medical information or practical advice. I like how the author describes her emotional response to her journey, but she goes into too much detail about specific runs she has taken part in, such as times achieved. It jumps back and forth a bit and the cover could be brighter, it's a bit dull. I might recommend it, but it could leave some people feeling that they should be doing a lot of physical activity during treatment.

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



This book is suitable for anyone but may make some patients feel inadequate! It is useful for anyone who may want to understand how a patient may feel and why emotions and moods might frequently change. It particularly focuses on running so an interest in this is helpful.

The author writes about her diagnosis and how she dealt with it, including a few segments from her journal at the time, so it follows a logical order of events. She writes well about the impact of diagnosis on her feelings about her fitness, physical capabilities, and appearance. I did keep forgetting who people were because many family members and friends from running clubs and charities feature in the book.

It is a quite flimsy paperback. I quite like the cover and the colour photos of the author and her friends and family. The paper feels quite cheap but that does not really matter with this type of book.

The author writes well about her feelings and emotions after her diagnosis; this may help other people to put into words how they feel, but I am not sure who it is aimed at. If I had read it during chemotherapy, it may have made me feel inadequate – the author runs from her home to the hospital for all her appointments. On the other hand, it is a great example, showing that cancer doesn't have to stop all physical activity and the author stresses that she uses it as a coping mechanism.

It is not particularly useful for information about living with breast cancer as it is the author's experience, but it may be of general interest to sporty people concerned about how diagnosis may impact on their training and general health. It is a great example of using running and the support of friends and family to cope with illness.

I quite enjoyed it as I am interested in running. The author has other interests in raising money for charities abroad, so it was informative to hear about her experiences running in Palestine and Jerusalem. I have given it a low rating only because I am not sure of the audience. The author writes well and in a friendly way but the focus on running may limit its reach.

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

I suggest reading this book after diagnosis or when treatment begins. I like the tone of the narrative; it is chatty and personal and feels like a conversation over a cuppa. However, I was unable to finish the book, much as I tried. I lost interest completely when I got to the part about the Palestinian marathon and never picked the book again. It seems to me that promoting the plight of the Palestinian people is the real reason for the book. I just couldn't get beyond those chapters to read about the author's cancer treatment or her success. I may have been unfair to the author by not finishing this book, but believe me when I say I really tried to.

I lost my sister to cancer (56-65) (April 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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