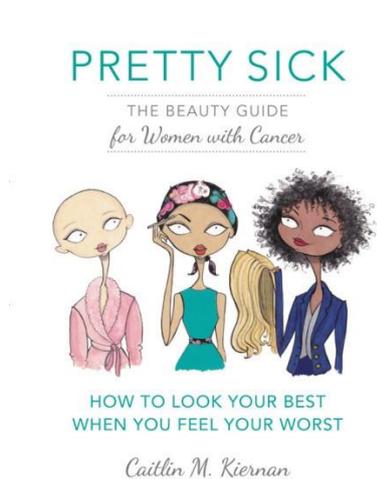


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BOOK REVIEWS

Read what people affected by cancer think about...



Pretty sick. The beauty guide for woman with cancer. How to look your best when you feel your worst (2017)

Caitlin M Kiernan.
London: Piatkus, 2017.
272pp.
ISBN 9780349417271.

Average star rating 4.1 (out of 5)

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I wish I had known about this book when I was diagnosed. It has a lot of useful information for women going through any type of cancer. It seems targeted at younger women having treatment as it has a lot of beauty information and tips on how to feel yourself and look great during treatment; this can sometimes be lost.

You can tell that it has been well researched and that the author has a personal connection to the book; she has had cancer herself. She has arranged the contents in a logical order, dividing the book into sections for each type of beauty regime. Each chapter flows brilliantly, and the subheadings work well. It is easy to understand and follow; the author writes in plain English without complicated words. I love how it looks and the quirky title draws you in. You can tell from the cover what it is about, and the title and subtitle are very clear. The images on the cover and throughout the book are in context and if I saw the book in a book shop I would pick it up to find out more. The paper quality is very good, and the typeface and font are readable.

I love everything about this book. Each chapter has information, tips and tricks for every eventuality of cancer treatment and how it can affect you and how you look and feel. All the suggestions are easy for women to follow. It's great that the author has been through treatment; she has tested each bit of advice and knows how having cancer can affect how you see yourself and how to look your best when you are low. I wish I had known about this book when I was diagnosed; as a 34-year-old, the thought of losing my hair or breasts and not recognising the person in the mirror was the worst. I really like Caitlin's great 8 at the end of the book too.

I love this book. It is a must read for people currently living with any kind of cancer. It has lots of useful information and insight and plenty of tricks and tips as well as suggestions for products to purchase during the various stages of treatment. It is an easy read from the perspective of an author who has had cancer. It's informative, yet funny, and when I started reading it I didn't want to put it down. It should be given to every woman when they are diagnosed.

Diagnosed with breast cancer and faulty BRCA2 gene at 33. Treatment has included a lymph node biopsy, double mastectomy, six rounds of chemotherapy, 15 sessions of radiotherapy and a bilateral oophorectomy (26-35) (October 2018)

This is an absolute gem for anyone who wants to look and feel better. It takes you through all aspects of health and beauty when you have been diagnosed with cancer and is packed with helpful advice for all the changes that your body, inside and out, may go through and tips on how to look and feel good during and after treatment.

It is a lovely book, a nice size to hold. The typeface is clear and there are some lovely illustrations. It is clear and easy to understand. I like how easy it is to flick through, great for quick reference. It is also honest about how your body changes and adapts to illness, recovery, treatment and operations. A must-read for anyone at the stage of wanting to feel and look good again. A very practical and useful book packed with helpful tips to make you feel more 'you'.

Recovering head and neck cancer patient (46-55) (July 2018)

The author, a beauty editor diagnosed with breast cancer, draws on her experience in the industry to give advice on how to overcome some of the changes experienced during and after treatment. It contains easily accessible information on all aspects of beauty: skin care; wigs; makeup; nails; hair care tricks; and much more. Whilst the author relates to her experience of breast cancer, the generic beauty advice is relevant to anyone having chemotherapy. A comprehensive index makes it easy to look up a problem or area of interest and find relevant tips, hints, and products. Whilst it is aimed at patients and those in recovery, it has a wealth of information on products that family and friends can buy if they want to provide something practical for those in treatment.

It is very appealing with its glossy pages and easy to read typeface. The cheerful, fun cover makes you want to start reading. The text is interspersed with little sketches and "Tips" are highlighted in different colours. The book flows well; the author covers body changes from the first loss of smell through to hair problems and continues with other concerns in the order in which they may arise. She concludes with changes to body and state of mind that may become apparent after chemotherapy. It is easy to understand and there are many references to products that can help you achieve the look described. Several of the retail outlets are American (Walgreens and Forever 21) but readers should be able to obtain the products online. Technical beauty terms are explained in the text in language that is suitable for the audience.

I like the fact that various products (for all budgets) are recommended and whilst I obviously haven't tried them all, their claims match with the author's advice. I like the inclusion of websites from where some of the products are available. The facility to look up a certain issue is also good; I feel the book will be used as a reference book rather than read from start to finish. It is a good read – well set out, useful, easy to read – and it is nice to know that some of the things you experience are common and can be resolved with a little effort. It is better than other make-up books I have read as it concentrates more on the products and results rather than the "How to". I found it a useful source of new websites and I learnt of some products that I will be purchasing very soon. Even if make-up isn't your thing, you can still learn what changes your body goes through during chemo – something that not many leaflets cover in detail.

Living with ovarian cancer (46-55) (June 2018)

Essentially, this is a beauty guide for people having treatment, though partners or friends could provide support by knowing more about the impact it has on the body. It helps answer questions that health professionals won't necessarily have time to go through in as much detail. It is most useful during treatment, i.e. chemotherapy, radiotherapy, as it talks about the impact on your body, skin, hair, or nails. There is a chapter dedicated to explaining the impact of treatment on all parts of the body, e.g. hair loss due to chemotherapy and caring for your skin as part of radiotherapy. In addition to notable physical impacts of treatment, there is a chapter on breast cancer surgery and reconstruction and how to dress during treatment, something I would have wanted to know myself! The beauty advice will also be useful after treatment, for example the make-up section and general body care.

The author's approach is friendly, encouraging and humorous and will resonate with many readers. The book has clearly defined chapters and it is very easy to read and refer to each chapter as needed. There is good use of illustrations throughout.

I really enjoyed reading this book and picking up some great beauty tips along the way. It provides a lot of encouragement to women during any cancer diagnosis and quashes the thought that you shouldn't feel bad if you want to look or feel good about yourself and put your health first. Through sharing her cancer experience and imparting her beauty know-how, she gives a very positive account to show others that they can look and feel good about themselves. My only criticism is that the author knows many experts and individuals who can share their specialist knowledge and it appears that she can afford, or at least access, expensive treatments that might not be available for everyone. For example, she talks about 'shopping around' to find the best surgeon; many people would not have the opportunity to do this or would not feel comfortable to pursue this further. She also refers to products and services that seem mostly available in the USA.

Overall, however, this book has great practical tips and advice shared by a beauty expert who wants to empower other women to look good but feel great too, using her industry knowledge and sharing advice direct from the experts. It is written from the perspective of someone diagnosed with breast cancer, but it could still be relevant for people with other cancers to understand the impact of treatment on the body and how to care for yourself during this time.

"We have a God-given right to look and feel normal – and dare I say even beautiful". This is a beauty guide like no other; a one-place reference on looking great during cancer. Encouraging and supportive, Caitlin is informative, yet funny. She understands the devastating impact cancer has on your body and how this makes you feel when you are already vulnerable. The beauty advice and tips she shares from her wealth of experience will help you get back to 'normal', or at least to feel comfortable with the new skin that you are in until your treatment has finished.

Breast cancer survivor, 36-45 (May 2018)

This beautiful book is ideal for women who are concerned about how treatment may affect their appearance. The author has been through treatment and gives hints and tips that you would never have considered. She answers the embarrassing questions you may not want to ask at an already overwhelming time, covering skin and hair care, beauty maintenance and more. She looks at your insecurities and lets you know how to deal with them. The book also has lifestyle advice for those in remission and useful information for family or friends who want to offer support.

The arrangement of the content in chapters – such as wigs and skin care – means you can jump to the chapter that you need and focus on the issue that may be causing concern; it is easy to re-read a section. The handy index also lets you search quickly for anything that you may have concerns about. The lovely illustrations break up the text and make it seem less daunting.

It is full of so much useful information, so many things you need to know before you start treatment. Not only does it offer advice for those going through treatment, it also covers the remission stage and tackles what women go through post treatment. The book is real, but the author has a sense of humour, making the daunting challenge you are about to go through seem that little bit more manageable.

Caitlin Kiernan was diagnosed with breast cancer, but it didn't make her anxieties that different from mine. I didn't have surgery and I didn't lose my hair, but I still worried about how I'd look, how people would be with me, and what I'd be like after treatment finished. The hints and tips I've picked up have been incredible, and I've even passed some on. Don't judge a book by its cover and assume a "beauty guide" is not top of your list of priorities once diagnosed – this book is so much more. I'm just so sad I read it after treatment; I would have been much better prepared if I had known about some of the hints it offers. There's nothing more daunting than leaving clinic and remembering all those questions you should have asked – the ones that you genuinely forgot, or the ones you didn't quite know how to ask.

Living with cervical cancer (26-35) (May 2018)

This book is most useful for people with cancer but will also be beneficial for friends and family who wish to support loved ones going through treatment and any resulting changes to their appearance.

It doesn't have to be read in any order, it can be used more as a reference guide as it is broken down into sections that are clear and easy to follow. It is very easy to understand; the author uses simple terms and explains any terminology where used. The cover design is very appealing, it attracts you to the book. Nice illustrations complement the text throughout the book.

This can be used as a reference guide by people going through treatment as and when they need it. The language makes the reader feel they are not alone on their journey and it is very relatable.

Friend of cancer patient (Under 25) (January 2018)

This incredibly helpful book has tips from a professional who has experienced both sides of the coin. The author – a successful, confident, glamorous business woman – uses her experience to offer helpful and simple tips to help women regain that confidence when their appearance changes during cancer treatment. She starts by describing her background, showing us how her appearance was everything. Reality then hits with a diagnosis of cancer and she shows how her research through colleagues, friends, and business associates helps her to regain her perspective on getting through treatment but using her skills to make her feel that she has not changed or lost her femininity.

I imagine it is easy to follow, I am a make-up artist and was interested in many of her suggestions; the language has an American feel, but the author is American, and the book was first published in the USA. You do not have to read it in order – although you can – but you can flick back and forth and read subjects at your leisure. It has a luxurious feel to it; the illustrations give it a relaxed, almost fun, feel from the beginning; it doesn't take itself too seriously.

I work for *Look Good Feel Better* and we run classes for patients to help them to become aware of the importance of skin care, and using make-up to whatever extent they wish, be it minimal light coverage or full-on glamour. It enables many women to feel that their old self has not deserted them – even lip balm or dab of moisturiser can make us feel more “us”. Anything that offers help and guidance through a tough spell must be of some good. It is nothing to do with frivolity or vanity, but confidence and the ability to retain a piece of YOU whilst adjusting to a new chapter in your life. Some of the content about fragrance got a little much for me; although I read it, I would probably refer to that section again with more vigour if I were a patient. I was concerned (p. 84) at the mention of Botox and fillers. I almost slammed the book shut and wanted to howl about the impracticality of patients worrying about doing this. I realised, however, that she is not advocating it for all but explaining to those who were Botox lovers before, the complexities of arguments for and against. I am not sure how true these facts are, as I have not researched the subject.

I like lots about this book. It not only gives tips on how to apply beauty products, but also why we may need them and what they can do for us. It is a light-hearted read, easy to pick up and refer to, a nice gift to cheer someone up, a good friend to have at your side when you are not feeling your best! I certainly recommend it, even if just to use some of the information to benefit yourself – for example a face mask, change of fragrance – or to understand how a loved one may be feeling about things you would never think of! It is a very helpful and gentle read – take from it what you will.

Friends and family have cancer (breast, lung, brain). I volunteer for Look Good Feel Better and run workshops for women and teens (46-55) (January 2018)



This book is full of useful tips and tricks covering the key issues around personal appearance when going through cancer treatment. The author expresses that before treatment started, she found it easy to disguise her illness. For cancer patients that are currently in treatment or have finished treatment, this is a good book to read for go-to tips relating to general beauty regimes, including dealing with hair loss and loss of senses. The advice aims to boost the confidence of people affected in this way, helping with daily tasks that can suddenly become problematic. It will be useful to anyone – cancer patient or not – and is appropriate for teens and up.

The author progresses through the topics in a logical and thoughtful way. Each chapter is defined and specific but is not dissimilar to the previous one, creating an excellent flow for an easy read. It is written in a way that is very easy to understand, even if you aren't a cancer patient. This is because Kiernan is very good at explaining the topics covered, describing them as daily tasks that most of us do. The themes are not described in a confusing way and the language is appropriate for the range of people that might read the book. There isn't much cancer-related jargon and the author explains topics carefully, making this a comfortable read for all audiences.

Although this topic isn't necessarily the first you would choose to read about, this book pleasantly surprised me. Being a beauty enthusiast, I wanted to see what it had to offer when it comes to discussing skin care, make-up, fragrance and regaining confidence. The first thing to clarify is that this book is very appealing, the illustrations are fabulous and makes the topics easy to engage with. The quality of the book itself is good and is also the perfect size to travel with, especially when commuting. The layout, along with the illustrations, make it easy to read and understand.

It is exceptionally good for people going through cancer, or who have had cancer, or who know somebody with cancer, it can help individuals in any position. I wish I had known about this book sooner, so I could have shared the knowledge with my mom and wider family. I have learnt things that I will always keep with me and learnt about new techniques and procedures that I didn't previously know of. As well as improving my vocabulary, it has been an extremely interesting read and the author discusses topics such as skin care in such detail that anybody – living with cancer or not – can appreciate. For example, when discussing body moisturisers, the author explains what the ingredients are and what they do. Chapters in such detail are extremely useful to anyone interested in beauty and skincare, particularly for a cancer patient.

There is little to criticise; however, the author occasionally moves on to topics too quickly – something I would describe as a negative with a book like this. There is also a section on operations where I found myself having to google the terminology, because it wasn't explained in the text.

I found this book extremely useful in terms of the topics being of general interest as well as providing facts and information around managing and living with cancer. Although aimed at a female audience this book would be useful to anyone.

Relative of someone who died from cancer (Under 25) (March 2019)

This is useful for anyone dealing with any illness, the day-to-day struggles of feeling tired and a bit rubbish and not wanting to wear your cancer so outwardly, as well as helping to support your confidence with looking good and feeling better. It has lots of helpful hints and tips that have helped me with my own mental health issues (such as associating smells to treatments and emotions).

It is quite a heavy book, with thick paper. As a beauty novice, I found everything easy to digest. It flows nicely and is written in an informal casual tone, like having your hairdresser chatting to you about ways to look after your hair during chemo. However, I found the illustrations by Jamie Lee Reardin – stick-like figures with huge eyes – creepy rather than charming, not really in good taste for the subject matter.

Caitlin's work in the industry for many years gives her a great amount of credibility when giving advice regarding cancer treatment. There are so many helpful hints that can be applied to different diagnoses. I have taken a lot of information about how to associate scents with different emotions, so that I can make new favourites when my mental health is good and bad. There is a real human, personal aspect to Caitlin's writing; it's not scary and provides a huge amount of insight.

Cancer supporter and volunteer (26-35) (February 2019)

This is a lovely book for someone going through cancer. It is written by an American beauty magazine editor who went through breast cancer herself. She shares her story of how the side effects made her feel and beauty tips for dealing with them.

The ten chapters are clearly laid out with useful headings and subheadings. The book flows well and is easy to read from cover to cover or dip into for reference. It is easy to understand, and the author explains technical words in the text. The cover is very appealing and the illustrations inside are delightful and give it an uplifting feel. There are beautifully drawn illustrations of women with cancer coping with the side effects of treatment. There are also some cartoons to show the reader how to gently comb hair and draw in eyebrows. This is a thoughtful thing to do. The paper is very good quality and the cover of the soft-back edition is very good. I like the size of the book; it isn't too big and heavy, and I was able to carry it into hospital and read it while there. The typeface is easy to read, and that used for the headings is attractive and makes the chapters easy to read. The tone is informal and approachable; it feels like a personal guide in which the author shares many experiences from her journey through breast cancer. The content is quite uplifting and positive and there is also much empathy regarding experiencing and coping with these difficult side effects.

I like the content and I really like the layout and the illustrations. The drawings are delightful. I appreciate the way the author shares her experience about how the side effects made her feel. She mentions how for many cancer patients it is often considered taboo to care about how you look when you 'should be focusing on fighting for your life'. And she goes on to explain that for her, looking good was important to her recovery. As a woman going through cancer, experiencing dramatic changes in appearance, each quite devastating, I have found this book refreshing, uplifting and useful. I like how it shows the importance of looking good and how if we look good, we feel good.

It should be read as a beauty guide rather than a science/medical guide. There is a reference list at the end, but it is not clear where all the scientific references are from, for example, “a control panel conducted in 2008” and “a study conducted at Japan’s Kyoto University” (p. 24). There are no reference numbers with links to the full citations. The information regarding scientific research is not needed in the book; it is primarily a beauty guide and I’m not sure the medical/science advice adds value.

Some of the suggested products are not readily available here, e.g. Baby Hugo Naturals shampoo and baby wash (p. 78). Some brands are, but the exact product is not easily found, e.g. Cetaphil cleansing bar (p. 78). If you research all the products you might find one that is easy to buy, but it is tiring to google products to find they are available only online or are shipped from the USA. It would be better not to name specific products; a description of the type of product would be more useful. Some American words and phrases are not translated, for example buzzers (electric shavers). I have many American friends and have been to America several times, so understood most of these Americanisms, but some may not, for example, “breaking out the benjamins” (p. 22), or “get the 411” (p. 89).

I am not sure how accurate the list of essential oils to avoid if you have an oestrogen-positive cancer is (p. 25); readers should check with their health professional. The author lists the ingredients for “magic mouthwash” (p. 104); I don’t have any of these and don’t recommend anyone making this mix without first consulting their doctor. On page 84, there is dubious information on antioxidants, suggesting that they should be avoided by cancer patients; again, check with your health professional. The author has cited research (2006) that Botox may help target resistant tumours. Research dated 2006 is generally considered by the science community as outdated. The author emphasises that the reader should consult their doctors before going ahead with Botox; I think that’s important. Xanax is mentioned colloquially many times to describe depression remedies; it is known better in America than the UK.

The list of charities (pp. 132-133) could be improved by stating who/where they help. I got tired googling them; some are UK, most are US, none are useful to me. The www.friendsarebyyourside.com website (p. 52) doesn’t work; a google search shows that it is now www.wigsandwishes.org, but it seems to cover only USA and Australia, not England. There is an attempt at making the text useful for UK patients – the NHS is mentioned as is Macmillan. But these changes seem to have been made as an afterthought and are not accurate in places. This could be confusing for UK patients, particularly when American and UK examples are mixed up in the same list.

I like the content – a book dedicated to beauty tips while going through cancer – and found it useful and uplifting. I really like the layout and the delightful illustrations. I appreciate how the author shares her experience of how the side effects made her feel. She mentions how for many cancer patients it is often considered taboo to care about how you look when you ‘should be focusing on fighting for your life’. And she goes on to explain that for her, looking good was important to her recovery. As a woman going through cancer, experiencing dramatic changes in appearance, each quite devastating, I found it refreshing, uplifting and useful. I like how it shows the importance of looking good and how if we look good we feel good.

I recommend this book for the many beauty tips and the candid way the author has shared her story. The tips on dealing with the effects of cancer treatment on hair, skin, nails, for example, are useful. It is a thoughtful and uplifting guide to beauty tips while going through cancer, but it is written by an American beauty editor. So, the general content is very useful, but I would take the science/medical advice lightly.

Breast cancer patient (26-35) (October 2018)

This is a useful beauty bible for anyone coping with the effects of chemotherapy. It is well presented, and the content is in a logical order and flows well. It is very easy to understand without too much technical detail; it is a good account of the author's experience. It was originally published in the USA and the American references are not always relevant to UK readers. However, overall, a great book that provides useful tips on maintaining and adapting your beauty regime to compensate and cope with the effects of cancer and treatment. It is honest but upbeat and positive.

Breast cancer survivor (46-55) (August 2018)

I would have liked to read this book when recovering from surgery, before starting chemotherapy. It is well written, and each topic covers lots of questions. It is upbeat and pleasing to read and look at – the cover and drawings throughout are good. It looks as if it might be only for younger people, but anyone could benefit from it. I like the energy in the language. It is American and some of the suggestions are not applicable in Scotland, but it is easy to understand what the products are. I like the practical information especially about stopping using your usual perfume and favourite products before treatment. The advice has been gathered by someone who worked in the beauty industry and it is detailed, allowing the reader to pick what is best for them. I like the fact that there is information for men as well. It also highlights how lucky we are in the UK not to have to worry if we can afford a wig. It treats a serious subject in a light way and is positive about treatment for cancer.

Endometrial cancer survivor (66-75) (June 2018)

This well-written book has practical tips on how to continue being beautiful (physically and emotionally) after diagnosis. It is straightforward, and the information is conveyed through simple, understandable words. The colourful illustrations are a bonus. The author has an eye for the details that we often miss. For example, most women have heard of reconstruction, but few know where to get a nipple tattoo that looks real; she has much advice for that! She openly discusses sensitive issues that most women survivors have but are hesitant to talk about with their doctor, such as loss of libido and vaginal dryness. It will help women cancer survivors to live not only a life that is normal but an even better life than before diagnosis, with all the advice provided by a cancer survivor herself! I recommend it to health professionals – there are so many helpful tips that we can provide a patient with! The suggestions are backed up with plenty of evidence from medical journals and oncology professionals!

Medical student (Under 25) (May 2018)

These tips and advice on beauty and how to look your best when you are feeling your worst are most useful for those just diagnosed and about to start treatment. The chapters tackle specific areas from the head down, finishing with tips for after treatment. This makes it easier to refer to specific information about a part of the body. It is not a book to read in one sitting; there is a lot of information on the many things to do before treatment and you may need to refer to sections once you have started treatment. A lot of information is backed up with quotes from doctors or specialists or studies; this makes it seem factual. There are no details of the studies in the text so the size of sample or statistical significance of the results are not clear, but some are referenced at the end if you wish to read the studies yourself.

There is no glossary, but the author does define any terminology. It is fairly easy to understand but does assume some prior knowledge. The book has a very clean appearance – the pages are not too messy and there is not too much text on each page. The paper is thick and of good quality and there is a good use of illustrations and colour. I like how the drawings include women with different skin tones, so they can all feel represented – women of all skin colours get cancer.

The author is someone in the beauty industry who went through treatment; she has a lot of expertise and passes on what she learnt. It is very positive and very useful for someone who takes pride in their appearance and needs advice on how to maintain this through treatment and after. However, it may not be relevant here as many of the products are only readily available in the US. I was confused sometimes as the author talks about American places, people and treatments, but some of the prices are in pounds and she also mentions the NHS. It feels aimed at women with a big budget for beauty products (even though cheaper alternatives are listed) and it may be a little unrealistic of how much money most cancer patients have.

Sarcoma cancer survivor (Under 25) (February 2018)

This is a good book for anyone who believes that looking better may make them feel better. It is mainly targeted at breast cancer patients, but anyone could benefit from the make-up and skin care tips. I wish I had been able to read it at the start of my treatment. It may, however, not be useful or even interesting for every woman with cancer as everyone's priorities are different and faffing about with face contouring and drawing on eyebrows may well be the last thing on a woman's mind at a time like that. I find those sorts of things a wonderful distraction from more serious concerns.

It flows well and can be read from start to finish or, because it is so well signposted, it is possible to jump to any topics of interest. It is written in a straightforward manner and has useful references and an index. It is a good-looking book with a modern fresh approach. I like the quirky line drawings, but they may not be to everyone's taste with their depictions of tall thin women with huge eyes! I was not too keen on the paper – it is slightly glossy and tends to 'squeak' when you turn the pages.

I like the no-nonsense approach and feel that the author is honest without being scary or depressing. Her approach is thoughtful, concise and amusing at times, without being trite. I particularly appreciated her views about the pink ribbon symbol for breast cancer and how something stronger, more honest is needed. It is good that

in the UK edition there are references to UK organisations such as Cancer Research UK, the NHS, and Macmillan Cancer Support, but I was very surprised that there is no mention of Look Good Feel Better – the international charity that through make-up masterclasses helps patients manage the visible effects of treatment. I appreciate that the book was first published in the USA, but I was a little disappointed that many of the products and services are not easily available in the UK.

Breast cancer patient (66-75) (January 2018)



This book would be useful for people diagnosed with cancer and anyone who is actively involved with them, their family or friends. The most useful time to read it is following diagnosis when experiencing symptoms. It focuses on your appearance, and the thoughts and feelings that you may experience at this stressful time. There are lots of hints and tips about using and applying make-up, nail care and wearing a wig. There are also references to fashion and choosing certain clothes that may prove essential whilst experiencing some of the side effects of treatment.

The book is in a logical order that can be followed easily. It has been written in quite a light-hearted manner in an uplifting approach to help the patient help themselves to feel better and take care of themselves during treatment. The author is an American cancer survivor, and although it technically isn't a data-influenced read, any data has been predominantly sourced from America. There is a reference list at the end, but you would need to research the authors to see if they are qualified to make the statements that the author uses.

It is very easy to understand. However, it is written by an American and best suited for the American market, with references and signposts to organisations and help centres in America. It is an appealing book with a glossy, wipeable cover and an illustration that visually explains what it is all about. The title also captures the essence of what the book is about. Each chapter is colour coded. There are plenty of cartoon-style illustrations, which are fun to look at. The tone is friendly, and it is apparent that the author has empathy for the reader, understanding what they are going through by attempting to help them achieve their personal best.

I do like all the hints and tips about looking good when you are feeling at your worst, especially as the author is an expert in this field. I wasn't impressed by the celebrity name dropping at the beginning of the book – it is not useful in any way.

This book provides a practical approach to making the most of yourself when you are feeling vulnerable. I recommend it for the beauty aspects. It is an interesting read, and quite light hearted in nature, written by someone who has experienced cancer. It offers some good advice about taking care of your beauty regime, at a time when your appearance is affected by treatment. Although better suited to the American reader, a great deal of the information could be used by people in the UK.

Breast cancer survivor (46-55) (December 2018)

This is a useful guide for patients, particularly those who have not started treatment. It is a very appealing book, especially the cover and the illustrations throughout. It is generally easy to understand; the topic is handled logically and it's easy to dip in and out. The author includes a wide range of research to back up her assertions. It feels like the advice is sound, which is comforting. I wasn't aware of any inaccuracies, but I would have to consider the research.

The focus is on Caucasian women. Most of the advice is general, so it is useful to a wider audience. However, to be a definitive guide, it would need to provide tips for a more diverse readership (women of colour) and maybe some guidance on dealing with the disabilities and long-term side-effects of rarer cancers.

Former cancer patient (26-35) (March 2018)

Unrated

This has some useful tips for someone going through treatment, helping you face the world, go to work, attend social engagements for example. It is easy to understand, and things are explained where necessary. It looks lovely, with great pictures, and the tone is good. It has some great practical advice but the author's advice to wear real fur really upset me and ruined the whole book, so much so that I can't give it a rating. I'd be more than happy to rate this book if that content is removed.

Breast cancer survivor (46-55) (March 2018)

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.

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

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