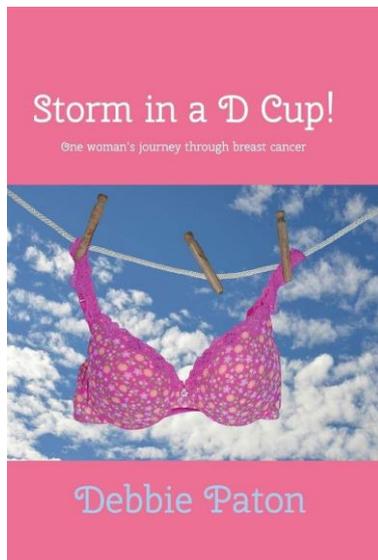


MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

BOOK REVIEWS

Read what people affected by cancer think about...



**Storm in a D cup! One woman's
journey through breast cancer
(2017)**

Paton D.

Raunds: Debbie Paton Publishing, 2017.

206pp.

ISBN 9781986176583.

Macmillan Cancer Support
89 Albert Embankment
London SE1 7UQ

These reviews were written by people affected by cancer and are not the views of Macmillan Cancer Support. These reviews, and the publications reviewed, should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this review or publication or third-party information or websites included or referred to in it.



This book is useful for someone living with breast cancer and their partners, carers and family. The parts most useful are those that detail different treatments and the author's thoughts and feelings at the time. She tells her experiences in a way that is easy to follow and in a logical order. The information is straightforward and technical words are explained.

The cover is very eye catching with a bra hanging on a washing line. The pages are of good quality, the typeface is clear and easy to read, and the large font size makes it easy to read. I like the idea of using photographs of the author and her family – the reader doesn't have to imagine the what people look like and feels more involved – but some of the photos are quite small and difficult to see clearly.

I really recommend this book to anyone affected by cancer. The author explains all the facts about her treatment and her thoughts and feelings at the time in an interesting and entertaining anyway. She also adds snippets of family life and events, which makes it even more interesting for the reader.

Breast cancer patient (66-75) (August 2019)



I like the size of this book and the front cover actually made me smile. I love the inclusion of family photographs too. It is easy to read as it flows quite well.

It is quite useful, and I would recommend it for the emotional side of living with breast cancer, but I did find it a bit repetitive.

Living with breast cancer (56-65) (December 2019)



This interesting account of one woman's experience of breast cancer – which happily ends with a full recovery – documents her journey and the support she received from professionals, family and friends. She wanted to help others by alleviating the fear that comes with a cancer diagnosis and focussing on the highs as well as the lows. It would be useful for someone with breast cancer, particularly if they feel alone or that the people around them cannot relate to what they are going through. It could also give a friend or relative an insight into what that person is going through.

It is an appealing book with a bright pink cover and an image that conveys to the audience that the book is about breast cancer. The paper is good quality and the font size appears larger than average. There are a few photos of the author, her family and some holiday pictures, however these are rather small and black and white. Readers may also like to read the author's blog on the internet, which contains much of the same text but also includes lots of family photos and inspirational quotes.

The author takes the reader on a 12-month journey from diagnosis, through treatment, to recovery. There are moments when she talks about her past – such as meeting her partner and her wedding – which adds to the feeling of getting to know her. It is very easy to understand and does not assume any prior knowledge of cancer. You feel that you are hearing from a friend as the writing is informal, yet still informative. This is likely because the book was originally a blog in order that the author could update family and friends at the same time without having to relive her experiences. I did not come across any technical language that was not explained and there is no glossary. The language is appropriate for the intended audience.

It is a well-written book and an honest account of the author's journey from diagnosis to making a full recovery. It provides an insight into the experience of breast cancer and as it was written as a blog it provides lots of detail and you feel as though you are accompanying the author on her journey. I like the honesty of the author in describing her journey and the positives she took from the experience, such as new friendships, a new-found appreciation of old friendships, becoming closer to her family, and increased confidence. There is nothing I specifically dislike although it would be nice if the pictures were easier to see (the print of the images is not great quality) but the book includes a link to a website that contains many more pictures from the author's journey and these could be viewed alongside reading the book.

The book is positive whilst still documenting the highs and lows of the author's experience of breast cancer. It could help to alleviate some of the fear around being diagnosed with cancer. Different parts will resonate with different readers, and the author includes many high points along the way, such as birthdays, anniversaries, holidays and eventually a full recovery. It would offer emotional support to someone diagnosed with cancer, particularly to alleviate some of the fear and provide reassurance from someone who has been in the same position. It could be useful for any cancer experience, but it will probably provide the most comfort for someone experiencing breast cancer.

Relative of someone with bowel cancer (26-35) (August 2019)

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

© Macmillan Cancer Support, December 2019

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SCO39907) and the Isle of Man (604).