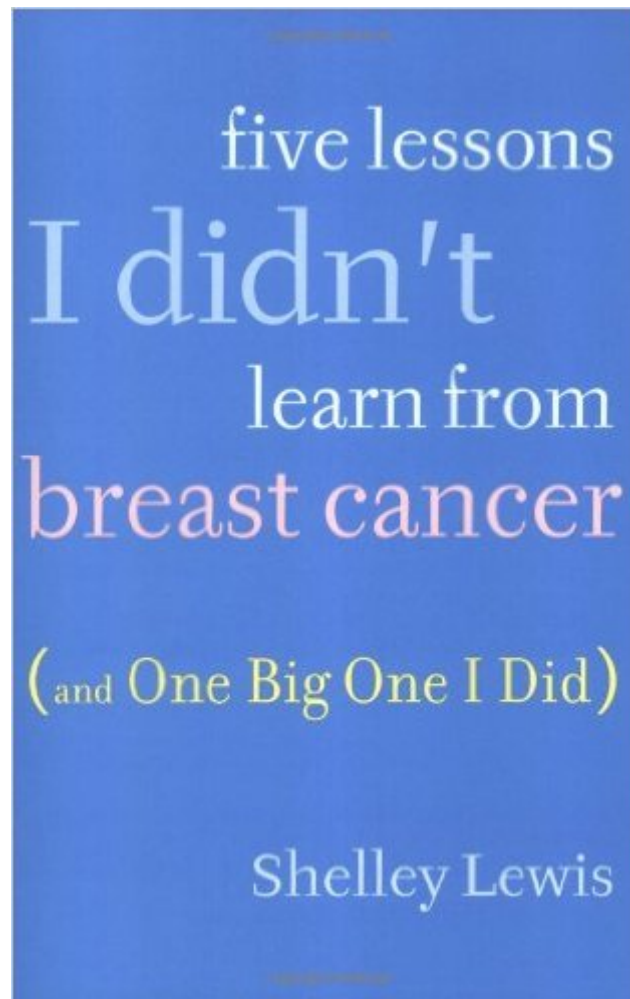


The book was found

# Five Lessons I Didn't Learn From Breast Cancer (And One Big One I Did)



## Synopsis

An irreverent, funny, compassionate look at what having breast cancer means—and what it doesn't. From the pink ribbons to the websites that sell related accessories and stuffed animals, breast cancer has morphed from a disease to an experience. And at every step of the way, society tells women that this experience can teach them profound lessons and maybe even give them a peek at the meaning of life. But what if it doesn't? Before Shelley Lewis got breast cancer she was a smart, edgy network producer. After the long month of treatment ended, she was still a smart, edgy network producer. The cancer was gone but in its place there was no epiphany, no new perspective on life. Lewis found that for herself and other women, breast cancer was many things, but it was not necessarily an opportunity for self-improvement. It didn't teach them lessons, but surviving it did draw on hard-won life lessons they'd already learned. A wonderful interweaving of the author's personal story, interviews with breast cancer survivors, and a sharp-eyed journalist's look at the breast cancer "community," this book is full of unconventional wisdom, unexpected advice, and hilarious observations about life inside the pink bubble. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Paperback: 260 pages

Publisher: NAL Trade (May 6, 2008)

Language: English

ISBN-10: 045122390X

ISBN-13: 978-0451223906

Product Dimensions: 5.6 x 0.6 x 8.3 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (25 customer reviews)

Best Sellers Rank: #713,816 in Books (See Top 100 in Books) #254 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #1933 in Â Books > Health, Fitness & Dieting > Women's Health > General #7945 in Â Books > Biographies & Memoirs > Specific Groups > Women

## Customer Reviews

Have you received a breast cancer diagnosis? Got a friend who has? Before you make another move, read this funny and truthful lowdown from Shelley Lewis, whose emotional viewpoint matches mine so precisely I can't shake the feeling that I should've written it myself (after all, I went through

this a year before she did). Unlike just about every other book on the breast cancer "experience," with its pretty pink cover and its crapola about how dealing with breast cancer will make you a "better person" (just like it supposedly made its author!), Lewis gets down to the real nitty-gritty. Namely: Breast cancer, at least for some people, isn't a "spiritual growth program," a "journey" or a "gift." It's not the ultimate opportunity for the perfect boob makeover. It's not necessarily going to turn you into Lance Armstrong and an inspiration to everyone. It's just a DISEASE--a scary, upsetting DISEASE that makes you hope you can get through the treatment so you can get back to your life--if at all possible. Lewis tells you the truth about breast cancer: it's OK to feel however you do, optimistic or lousy. That you didn't get this disease because somehow you asked for it (and if someone implies you did, you can cheerfully tell them where to stick it). That having a bad or negative attitude or feeling depressed on occasion is perfectly normal, and it won't kill you. That whatever decisions you make about how to deal with your disease are OK, so long as you are the one driving the bus--even if that means putting yourself in the hands of a team of physicians you utterly trust and doing whatever they say. There are no do's-and-don'ts here about chemo, radiation, hair loss, breast reconstruction, anything--the message here is that each person's situation is unique, and each choice is uniquely one's own.

[Download to continue reading...](#)

Five Lessons I Didn't Learn From Breast Cancer (And One Big One I Did) Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management I Am Not My Breast Cancer: Women Talk Openly About Love and Sex, Hair Loss and Weight Gain, Mothers and Daughters, and Being a Woman with Breast Cancer Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer Breast Cancer and Me: The Hope-filled and Sometimes Humorous Story of a Breast Cancer Survivor The Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor Hey, I Didn't Sign Up for This! A personal story of living with and surviving lymphoma and breast cancer Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal) The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer, and Alzheimer's Fuck Off, Cancer: Breast Cancer Shaken not Stirred The Buoy Projects: A Story of Breast Cancer, Bucket-Lists, Life Lessons, Facebook and Love If You Didn't Bring Jerky, What Did I Just Eat: Misadventures in Hunting, Fishing, and the Wilds of Suburbia Easy Chicken Breast Cookbook: 50 Unique and Easy Chicken Breast Recipes Jelly Donut Days: Fighting Breast Cancer, One Day at a Time Learn

Spanish Step by Step: Spanish Language Practical Guide for Beginners (Learn Spanish, Learn German, Learn French, Learn Italian) Learn French Step by Step: French Language Practical Guide for Beginners (Learn French, Learn Spanish, Learn Italian, Learn German) F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) Did I Mention I Love You? (Turtleback School & Library Binding Edition) (Did I Mention I Love You (Dimily)) How Did That Get to My House? Internet (Community Connections: How Did That Get to My House?)

[Dmca](#)