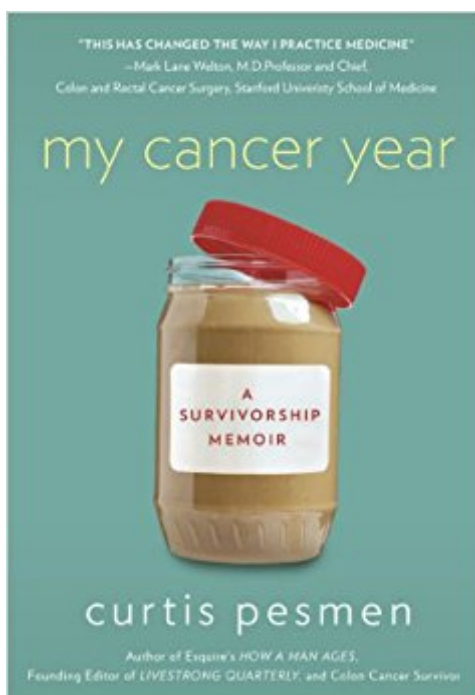


The book was found

# My Cancer Year: A Survivorship Memoir



## Synopsis

In MY CANCER YEAR, Curtis Pesmen, a veteran health journalist and book author, chronicles his successful fight with advanced colon cancer in a brutally honest and illuminating memoir. Through this moving account--which takes the reader through his initial shock of diagnosis, through treatment, experimental surgery and finally recovery--Pesmen's insights and experiences cast light on how to manage the challenges of cancer people don't like to talk about. This intimate memoir of a successful fight helps the fast-growing group of survivors--as well as family and friends--put cancer in its place while moving forward with the power of new knowledge.

## Book Information

Paperback: 180 pages

Publisher: Tatra Press; 1 edition (November 19, 2013)

Language: English

ISBN-10: 0981932177

ISBN-13: 978-0981932170

Product Dimensions: 5.5 x 0.6 x 7.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,329,096 in Books (See Top 100 in Books) #103 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal](#) #29441 in [Books > Self-Help > Motivational](#) #43528 in [Books > Self-Help > Personal Transformation](#)

## Customer Reviews

Regardless of the type of cancer you had or have, this book is a window into a world best described as the -- Louise Bates, survivor/chairwoman, Colorectal Cancer Network  
The candidness and originality of Curtis Pesmen's writing serve as guides along the cancer journey with insights that are both practical and moving. -- Melissa Weber, managing editor, CURE magazine  
Pesmen (The Colon Cancer Survivor's Guide) has written an honest and sometimes explicit memoir about his diagnosis with and treatment for colon cancer. The first chapter is an edited and amended version of his blog entries at the time of his diagnosis and the care that followed. The entries are often chaotic but convey the raw feelings and turmoil of his story. Occasional notes or diary excerpts from family and friends are interspersed among the entries, offering a chance to see how others reacted. The remaining chapters focus on the author's recovery, again bringing in passages from his wife's diary and letters from friends and family. Pesmen has survived for more than ten years beyond his

diagnosis and is now the father of two adopted children. His reactions to cancer and survivorship will enlighten anyone facing the same crisis, those close to them, and survivors. VERDICT The honesty of this book will resonate with cancer patients, and caregivers and health professionals will find it a realistic read if they wish to know more about what it feels like to have cancer. -- Library Journal 9/15/2013

Curtis Pesmen is author several books including *How a Man Ages*, *What She Wants*, and *Your First Year of Marriage*. He has written for *Esquire*, *GQ*, *SELF*, *Outside* and *Glamour* magazines, and was the founding editor of *LIVESTRONG Quarterly*. As health/features editor of *SELF* magazine, he helped develop the internationally recognized, pink-ribbon breast cancer awareness campaign. He is an active in cancer patient advocacy.

Excellent written with discipline, humor and restraint, this book is a humbling reminder that carefree good health can be felled in an instant. Life is always a fragile mirror to its opposite. I was fascinated to read how the author coped with the permanent body change--a huge adjustment--which he relates with grim and gritty candor. I was aware, however, that Pesmen did have the safety net of a comfortable income. How different would the situation have been for someone who has to live from paycheck to paycheck? But I hasten to add that is a comment on the stupid healthcare system in this country, rather than on the author.

Having had colon cancer myself and looking at the author's credentials, I was eagerly awaiting this book from the library. I skimmed through it in one evening and was disappointing. The author suffered horribly -- chemo, radiation, surgery to remove his entire colon, then more chemo. He went through MUCH more than I did, but I never felt any depth in this book. It seemed like the text from his wife's diary was used almost as "filler" and the last two chapters as well. I didn't get much of a sense of what it was like with his having cancer in terms of his thoughts, concerns and physical problems. I actually got more of a sense of what cancer was like through reading the book written by Patrick Swayze's wife on his cancer. Maybe the fact that it was written 10 years after the cancer made a difference. I definitely wouldn't recommend this book to anyone who wants to know what colon cancer treatment is like (and the treatment that he went through is also now 10 years out of date)

I appreciate how honest and clear this book is about what happens from the moment of the

diagnosis and through the course of treatments. So many have been on this journey. It helps to have a guide like this - funny (at times) but clear headed.

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

Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention) Alternative Cancer Therapies (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) (Alternative Medicine Book 1) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) My Secrets of Survivorship (Ultimate Survivorship) (Volume 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor My Cancer Year: A Survivorship Memoir Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers The Survivorship Net: A Parable for the Family, Friends, and Caregivers of People with Cancer ACSM's Guide to Exercise and Cancer Survivorship Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart

Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition  
CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)