

Mb's Breast Cancer Book List

First, the #1 most important rule of reading about breast cancer:

NO READING AFTER DARK.

No kidding, no fooling, this is important.

That said, there are several wonderful books depending on what you need...

Reference:

The Breast Book by Dr. Susan Love. It's *the* recognized comprehensive guide to breast cancer. Super helpful. An absolute MUST.

Pick-Me-Up:

There are several uplifting (sorry, couldn't resist) books about breast cancer. Search "breast cancer humor". I especially enjoyed Humor After the Tumor by Patty Gelman

Both of Hoda Kotb's books (morning talk show anchor, survivor, seriously cool woman)

Hoda: How I survived War Zones, Bad Hair, Cancer and Kathie Lee

Ten Year Later: Six People Who Faced Adversity and Transformed Their Lives

Practical Advice:

You Can Do This: Surviving Breast Cancer With Losing Your Sanity or Your Style by Elisha Daniels and Kelley Tuthill

Dancing With Fear: Tips and Wisdom from Breast Cancer Survivors Leila Peltosaari, Rina Albala and Bev Parker

Most Creative, Sassy Distraction:

Cancer Vixen, A True Story by Marisa Acocella Marchetto (it's a cartoon novel - by a NYC survivor. Much of it was published in *Glamour* magazine during her journey)

Avoid, run away, do NOT read - they will sucker punch you and the cover makes them look cheerful. :(

Noon at Nordie's

Cancer Made Me a Shallower Person - A Memoir in Comics