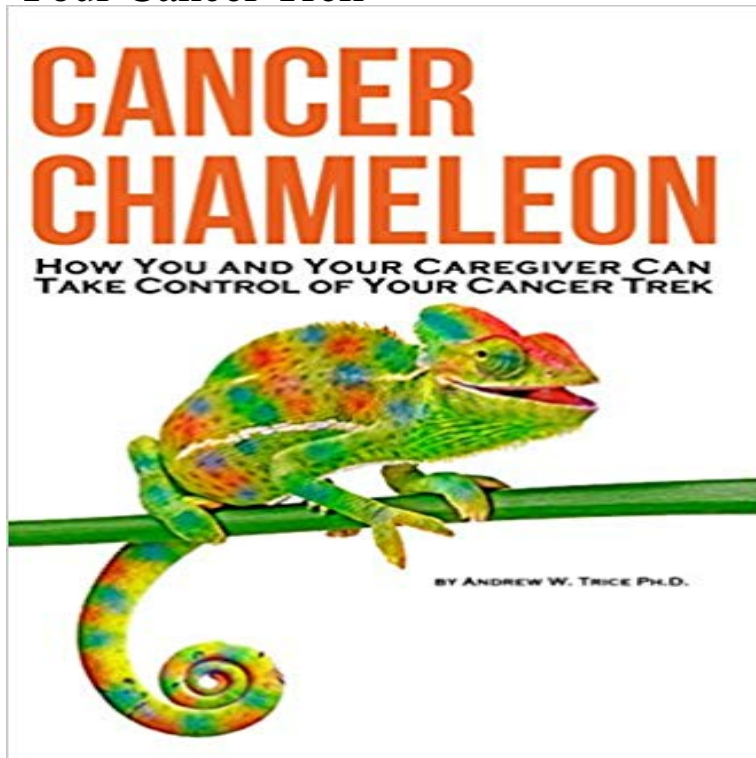


Cancer Chameleon: How You and Your Caregiver Can Take Control of Your Cancer Trek



I have cancer...now what? Dealing with cancer is an enormous challenge, and for most, a trek that can be overwhelming. Cancer Chameleon gives people living with cancer and their supporters tools to take control and manage how they deal with that trek. The book offers the means for everyone to tailor their own approach. It helps each individual, patient or caregiver, find answers to the fundamental questions every person with a chronic illness faces, like: 1) How do I cope with the illness today? 2) How do I manage the illness over time? and 3) How do I live the rest of my life? Using the metaphor of a chameleon that changes colors to adapt to its environment, Cancer Chameleon sets out color roles (such as the Warrior and the Publicist). These roles transform the patients perspective and empower specific tools for flexible, adaptive actions that lead to coping, managing and healthy living with cancer. The book also informs and emphasizes how caregivers can effectively contribute and cope as they support the person with cancer. Cancer Chameleon is grounded in the authors experience living with pancreatic cancer and his lifelong professional experience as a systems analyst. The book is supported by current, on-point research, and infused with heavy doses of humor. It is a no-nonsense approach to a very serious topic. Cancer Chameleon is an indispensable, go-to resource for anyone affected by a cancer or other serious disease diagnosis.

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