



## Healing With Words: A Writer's Cancer Journey

By Diana M. Raab

Loving Healing Press, United States, 2010. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. *Healing With Words: A Writer's Cancer Journey* is a compassionate and wry self-help memoir written by an award-winning prolific author, nurse and poet, who at the age of forty-seven found her life shattered first by a DCIS (early breast cancer) diagnosis and five years later by another, seemingly unrelated and incurable cancer--multiple myeloma. The book includes the author's experiences, reflections, poetry and journal entries, in addition to writing prompts for readers to express their own personal story. Raab's journals have provided a safe haven and platform to validate and express her feelings. Raab views journaling to be like a daily vitamin--in that it heals, detoxifies and is essential for optimal health. Readers will learn to: Understand the importance of early cancer detection and how to take control of their own health Discover the power of writing to release bottled-up emotions Learn how the process of journaling can facilitate healing See how a cancer diagnosis can be a riveting event which can renew and change a person in a unique way Praise for...



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[ 5.61 MB ]

### Reviews

*This pdf may be worth purchasing. This is for anyone who statte there was not a really worth reading. I found out this pdf from my i and dad encouraged this pdf to understand.*

-- **Mrs. Annamae Raynor**

*If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Claud Bernhard**