



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...



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