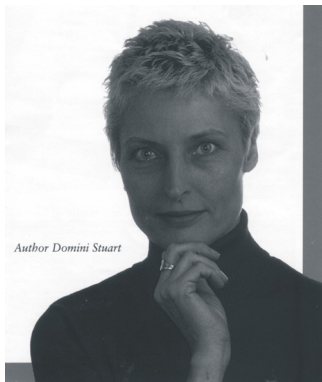


YOU CAN GET THROUGH THIS

BY DOMINI STUART

AN UPLIFTING AND EASY-TO-READ GUIDE TO FEELING BETTER WHEN YOU
HAVE BREAST CANCER



If you have breast cancer, you've probably heard that a positive attitude is the most important thing. This is no old wives' tale - there is mounting medical evidence that the mind can play a significant role in healing. But 'looking on the bright side' through surgery, chemotherapy and radiotherapy isn't easy especially as cancer isn't likely to be the only issue you're trying to deal with.

Problems with money, relationships, self esteem, children, weight or work don't go away simply because you now have an even bigger problem. And, when it feels like a matter of life and death, staying positive can seem like an overwhelming responsibility.

The power to feel positive

When Domini Stuart was diagnosed with breast cancer she already felt life had reached rock bottom.

18 months down the track she is in remission following double mastectomies, radiotherapy and two courses of chemotherapy and she's feeling more positive about life than she ever did before cancer.

The story of how she turned her life around is also a step-by-step guide to coping both with treatment and life beyond cancer and staying positive through the whole process.

"I read the book in hospital immediately after my lumpectomy and it was just what I needed - an easy-to-read, down-to-earth account of what happens next and how to cope with it all. It's a serious subject, but the author has managed to write with humour, making the book an enjoyable as well as an informative read."

Sue, NSW Australia

Drawing on her personal experience, Domini writes with empathy, honesty and humour.

Topics include:

- **Finding a lump**
- **You don't need a medical degree to survive**
- **The mysterious mastectomy scar**
- **Surgery, Chemotherapy and radiotherapy**
- **Avoiding lymphoedema**
- **The Cancer Club**
- **Easing into eating well**
- **Quick, easy, health food with recipes to try**
- **Ideas for exercise**
- **Meditation ways to get started**
- **Psychosomatic wellness**
- **Setting goals you can't fail to achieve**
- **Getting back in control when things go wrong**
- **You don't have to get back to normal**

www.doministuart.com

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