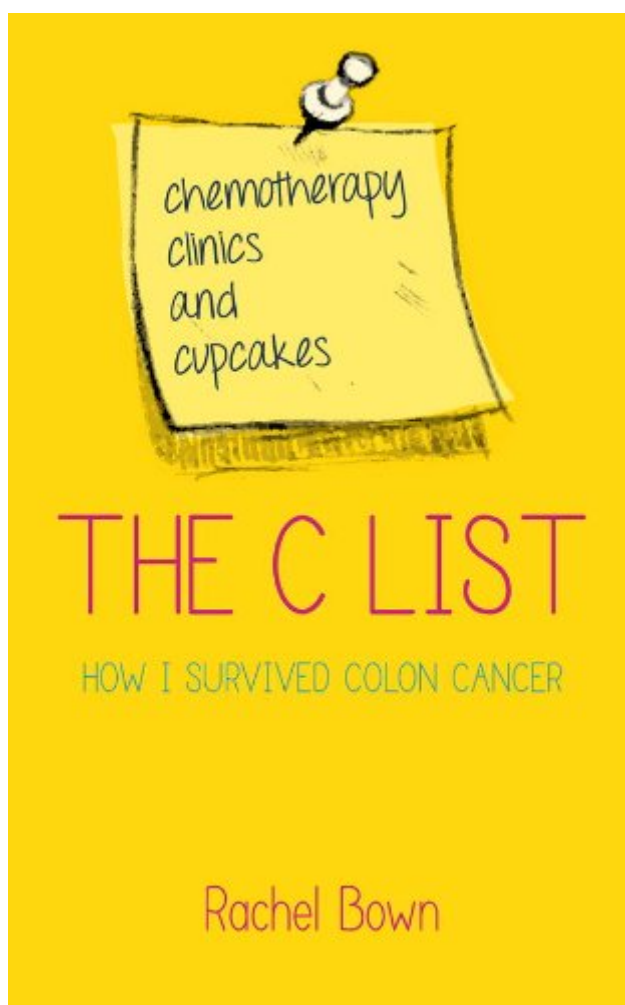


The book was found

# The C List: Chemotherapy, Clinics And Cupcakes . . . How I Survived Colon Cancer



## Synopsis

When facing with advanced cancer, the first thing this author did was look for other books from long time survivors of stage 4 bowel cancer to give her something to hold on to. Finding none, she wrote her own. With a wicked, taboo-breaking sense of humour and a gift for practicality, she shares her experiences and the lists she made to gain some control over what quickly became an unpredictable life. Both funny and poignant, she vividly describes the absurd situations she finds herself in from a brutally flippant surgeon to dating after cancer. Most of all this book is a gift for anyone looking for hope in a desperate situation.

## Book Information

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Administration & Policy > Health Care Delivery

## Customer Reviews

I got this as a gift for my sister recently diagnosed with stage IV colon cancer. She found much commonality in the story of this patient and her own diagnosis and treatment. The author focuses on her battle with cancer with hope, humor and living her life (planning marriage to man she met after her diagnosis). She also shares some complementary and alternative medicine strategies she used in her treatment - this is a battle in which one wants to use everything and anything that might help

(without hurting) so for someone with early stage disease it may not be as interesting but for late stage dx this is very valuable information.

Having been recently diagnosed with colon cancer, I thought this would be helpful to read someone else's story. I found it to be so upsetting to me, that I couldn't finish it. I realized reading someone else's story wasn't for me. If it helped others, that's great. Just not for me.

Ms. Brown tells the tale of her cancer involvement cheerfully and in an upbeat way. I found this rather disconcerting as she obviously had a very rough go. However, it was nice that she was able to withstand it.

This is a fast, easy read that manages to stay extremely upbeat even when the author is describing some pretty grim stuff. I highly recommend it to everyone, because sooner or later we will all know someone who faces this or face it ourselves and she offers a lot of wisdom and is downright funny, in a British-humor way. (She points out the rather troubling question on a pre-op form "Is there anything else that the surgeon or anesthesiologist should know?") It's hard to convey how charming and chatty the author is. By the end, you feel that she is a friend, or you wish she was, and that she has given the world a beautiful gift with this book. I'm so glad I picked it up just on a whim at the library one day. (Note: The book was based on a blog and that accounts for some odd transitions and perplexing verb tenses. That occasional lack of linearity may have been part of what bothered the person who wrote the 3-star review. But, if you take this for what it is, you will find it wonderful. I believe it would be an appropriate gift for someone who you are close to who has cancer, especially if part of the gift is that you have already read it yourself.)

A very touching and yet humorous story of the journey through colon cancer. Much of what she writes is also applicable to any other form of cancer and its treatment. As a breast cancer survivor, a lot of what she writes rang true to my experiences. I will definitely be recommending this book to others, and sharing my copy with friends/family members. **DISCLOSURE:** I was given a copy of this book by the publisher in return for an honest review, and all thoughts expressed here are entirely my own.

For those of us who need crash courses in empathy, there are a few sections of this book that will help.

I started reading this last night, having gone through stage 2 colon cancer in the United States. The author had stage 4 colon cancer in the United Kingdom and has two kids and supportive parents. She also chose to have an ostomy, which I did not. I just couldn't relate her experience to mine and the book was too light and frothy for me -- I wasn't even remember what I had read from the previous chapter as there was no depth in it. She also pursued reiki and healthy eating and other alternatives, which I didn't. I didn't get a "feel" of what it was like for her to have cancer and what she was going through physically and mentally (which is what I am looking for). I think the two "cancer" books that did that were the ones written by Patrick Swayze's spouse and also the book written by Lance Armstrong. Both of those books I remember months and years after reading them - this I don't even remember minutes after reading it.

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and Biotherapy: Principles and Practice (Chabner, Cancer Chemotherapy and Biotherapy) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule The autobiography of my healing from cancer: The true story of my healing from burst breast cancer, lymphoma, bone and pleural metastases without chemotherapy, radiotherapy or any operations. Cancer Management in Man: Biological Response Modifiers, Chemotherapy, Antibiotics, Hyperthermia, Supporting Measures (Cancer Growth and Progression)

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