



Write for Life: Communicating Your Way Through Cancer (Paperback)

By David Tabatsky

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Each day, millions of people face traumatic change, when everything familiar feels challenged. What if they began writing about the experience? What if they took better control by communicating more effectively and expressing their feelings? What if their struggle becomes a source of inspiration? Twenty years of research indicates that expressive writing-dealing with one's deepest thoughts and feelings-may contribute to improved physical and emotional health. Many cancer stories are uplifting while others are not easy to digest. But all are authentic and honest, and reflect the staggering reality of the cancer world. Open your heart. Give writing a chance. Personal expression can be a gift--for you, and everyone you know. Welcome to Write for Life. David Tabatsky's energy, commitment and expertise have enabled cancer patients and survivors to process their experiences in a new and often healing way. -Hester Hill Schnipper, Program Manager, Oncology Social Work, Beth Israel Deaconess Medical Center, Boston, MA.

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Reviews

Complete guideline! Its this type of great read through. it absolutely was written quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be the very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**