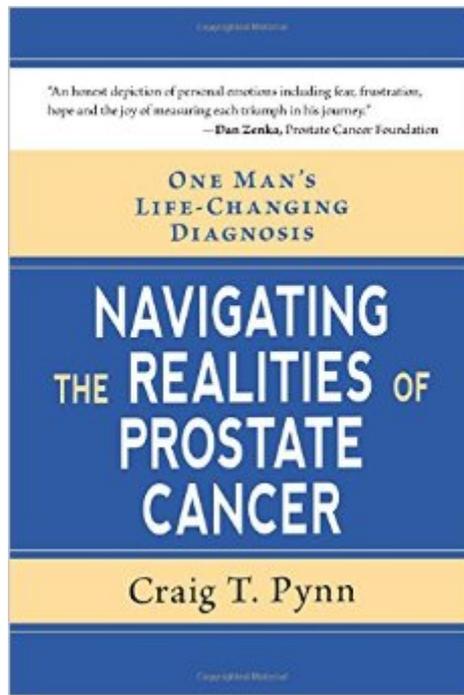


The book was found

One Man's Life-Changing Diagnosis



Synopsis

"Awarded a 2012 American Journal of Nursing (AJN) Book of the Year Award in the Consumer Health Category One Man's Life-Changing Diagnosis provides a comprehensive patient's eye view of the clinical, emotional, relational and spiritual experience of prostate cancer from the time of first symptoms to diagnosis to treatment and to living as survivor with an advanced cancer that can return at any time. The book discusses everything that results from a diagnosis of prostate cancer, from relationships to sex to social networking to finding support groups. And it explores feelings - why some men feel free to talk openly while others remain silent and what that silence is about. It teaches strategies for coping with the often-inappropriate responses when the individual tells relatives, friends and acquaintances that he has prostate cancer. One Man's Life-Changing Diagnosis shows: How to become an informed advocate for your own particular clinical situation by knowing where - and where not to seek information online How to make informed judgments about a treatments validity Why men with prostate cancer tend to deal with their illness quite differently than women who have breast cancer - and what that implies for a person's well-being "

Book Information

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Customer Reviews

Wow!!! This is a wonderful book!!! It brought tears to my eyes. It is rare to find a book which is at once exceptional in it's description of the impact of being diagnosed with cancer, and also the process of discovering treatment options. Anyone who has ever received horrible medical news or has feared receiving such distressing news, or anyone who knows and cares about someone going

through life-saving medical treatment, which is everyone and anyone, will relate to this book in a very personal way. Craig's unfolding story, from his first symptoms and denial, to the shock of a devastating diagnosis, through his courageous journey to remission, is moving and informative. He has written this journal for those who, like himself, are looking for a book which could help guide them through the emotional, medical and spiritual process of a life-threatening illness. Unable to find such a book for himself, he describes his own ordeal in a moving and enlightening way. He has written this book not only for patients, but for family members and friends, and I believe that reading this book could benefit those in the medical profession as well. It is not a medical book - it is one man's story - but Craig has written a story that provides insight, solutions, and support that many could, and will benefit from!

As a health care professional I was struck at how informative this book was, and at the same time how insightful and vulnerable Craig was in describing his unsolicited 'dance with cancer.' I have rarely read a book about facing such an uncertain prognosis that honestly deals with all the personal and soul searching issues that arise when one is diagnosed. It is medically up to date, and instructive, yet with such candor; like the ifs, whens and how to tell others of one's medical condition... then dealing with their responses. An excellent read, and an outstanding book! Linda S. Cole RN

This book is a godsend. I cried several times while reading it because it hit so close to home. The relief I feel by finding someone else who has struggled with the same emotions--tears, fear, sadness--was reassuring. It proved to me I'm not alone in what I'm feeling and going through. If Craig is going through the same things I'm going through, there must be thousands of other men going there too. Maybe I'm not as alone as I thought I was. Recommended for any man with prostate cancer who wants to have a better understanding of the non-clinical aspects of the journey.

Craig T. Pynn's book is a very interesting read, especially for someone such as me who has been through the prostate cancer diagnosis and treatment. Although my case was not as serious as that experienced by Pynn, it was none-the-less frightening. Had the book been around more than three years ago when I was diagnosed, I am sure I would have felt much better about what I had to endure. Pynn is very thorough in his coverage of all aspects of the disease. The book is very understandable for the layman, and no doubt would be beneficial for those in the medical community to read as well. If doctors and others in the medical profession were to read the book,

they would gain an excellent understanding of the fears and concerns experienced by those who suffer from the disease. Memories of many things were ignited by the book, including the time I was first told that I had prostate cancer, to the radiation and even the certificate that was given to me when the radiation course was completed. Prostate cancer is not fun, but every man who learns he has it just must tough it out. Some don't make it, as the author observes. But the research continues to find a cure, and progress is being made all the time. Much is being done to lengthen the lives of those suffering from the disease, as Pynn points out. This book should be a "must read" list for any man suffering from prostate cancer. I only hope that Pynn continues to be able to relate his own success stories. His case is far worse than most, as the cancer had progressed outside the prostate by the time it was discovered. It is a very human story told in detail.

What I got from this book was a better understanding of the roller coaster of emotions that the author went (and is) going through. I felt his pain when he heard the news of his diagnosis, the anxiety of waiting for each report, and the fear of going through each of the tests and treatments. Yes, even the embarrassment of the situations in the exam rooms was somewhat uncomfortable to think about. I shed a few tears when he told his wife and each of the children that their husband/father had cancer. I really liked how his priorities changed toward his time with his wife and family. I especially liked his bravely sharing with his readers the personal side of him, like the visit to the spot where he and his wife fell in love, and also the day he cried. The book also gave me a great resource to go to if I would ever need to use the well-researched knowledge he has gained through writing this book. The book is very well written and an easy read. This book is not just for men, but also for all the women who love them.

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