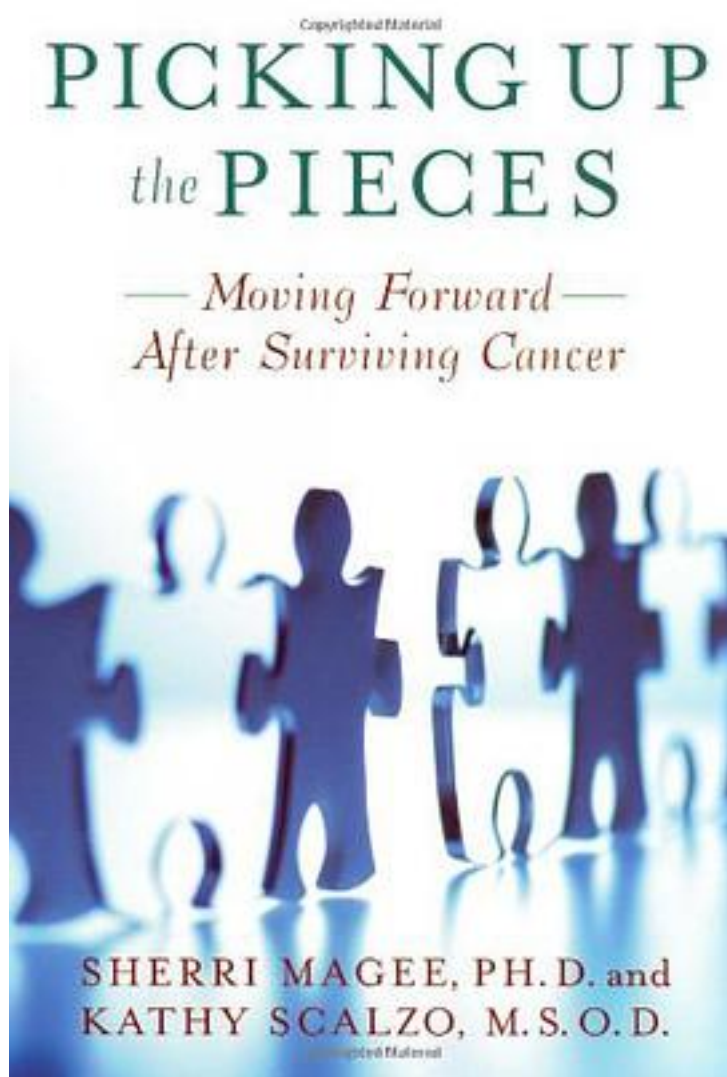


Picking Up the Pieces



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出版者:Rutgers Univ Pr

出版时间:2007-1

装帧:Pap

isbn:9780813540368

Stepping back into everyday life after having faced a life-threatening illness is not as simple as it sounds. Now what? How do you pick up the pieces of your life and put them back together again? There are no guidelines to follow once treatment for cancer finishes?no bridge from hospital to home. How do you discuss the variety of changes you are experiencing when you may not even know how to describe them? Picking Up the Pieces will guide you through this difficult time. Reassuring, realistic, and insightful, this book presents a unique four-phase process with useful daily practices to support you along your recovery journey. Drawing on the inspiring voices of cancer survivors, the authors give practical advice on how to design your own unique Healing Plan, including suggestions on ways to handle physical side effects and stress, and how to connect with yourself, with others, and with a higher power.

作者介绍:

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