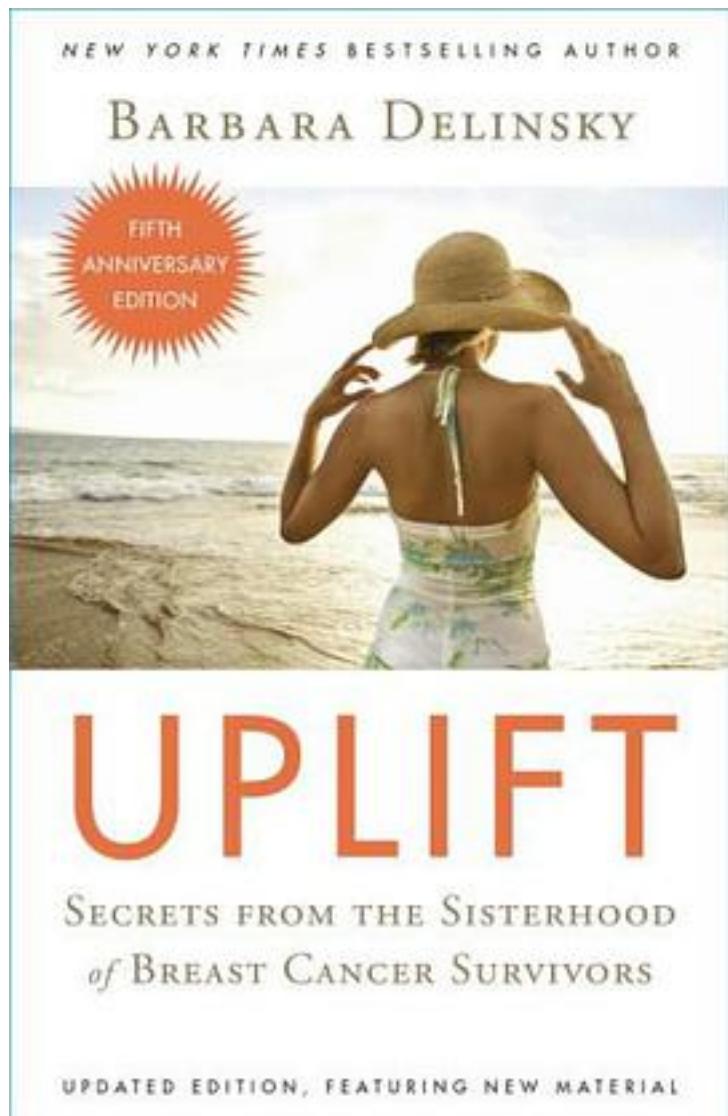


Uplift T



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著者:Delinsky, Barbara

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5th Anniversary Edition! Featuring a new Foreword by the author, as well as an additional chapter that follows up on the lives of the original contributors. With "Uplift," bestselling author Barbara Delinsky, whose life has been shaped by her mother's breast cancer as well as her own, created a resource she wished she'd had for herself during her own treatment: one that is filled with all the helpful advice that only the women who have already been there can tell us about -- from tips on even the smallest details of daily life to inspiring personal anecdotes that amuse, comfort, and instruct. Here, readers can find answers to all the questions they were afraid to -- or never even knew how to -- ask: What kind of deodorant can I use during radiation? Are there certain foods that really satisfy on treatment days? How do I address my surgery with my coworkers? Will I still feel feminine? And what about a sex life? Practical, warm, often funny, always reassuring, "Uplift" arms readers with the various means by which countless women diagnosed with breast cancer have faced their fears, survived their illness, and bravely gotten on with life and love, career and family.

作者介绍:

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