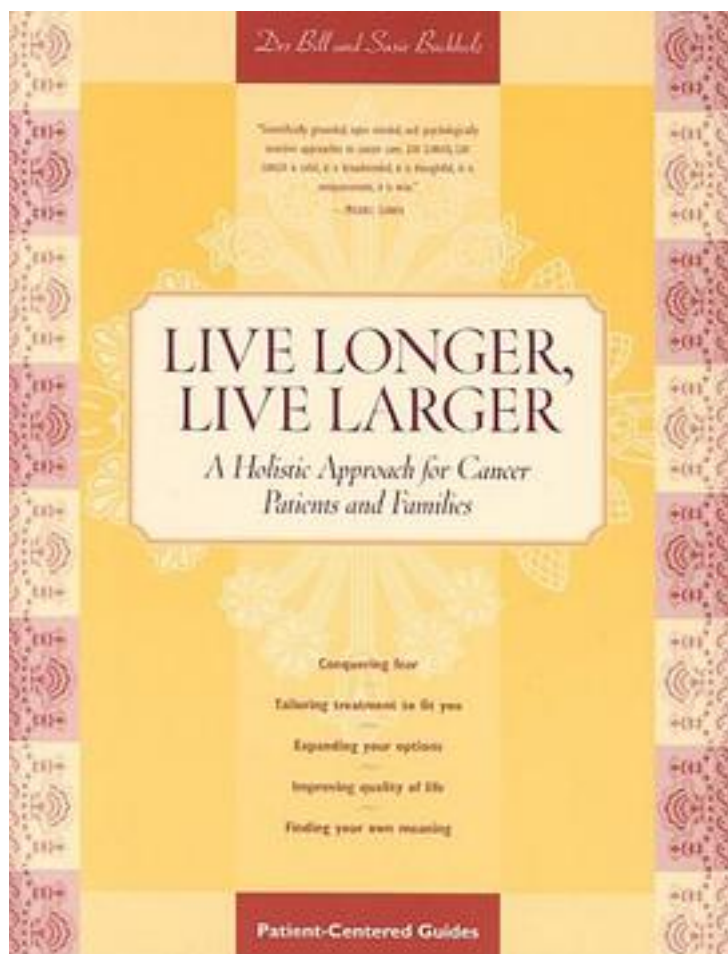


# Live Longer, Live Larger



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One of every three Americans faces cancer. With the diagnosis comes a maelstrom of fears about the future and complex decisions about treatment. In this world turned upside down it is difficult to find the right answers, much less be certain that the right

questions are asked. It is hard to balance the desire to find a cure and extend life, and the wish to prevent side effects of treatment. At the same time, patients and families must deal with powerful emotions, keep hope for the future, and maintain a sense of meaning in life. This is a handbook for people who want a supportive companion in their response to cancer or other serious illness. It is based on the experience and hard-won wisdom of thousands of patients and families dealing with cancer: people of differing temperaments, backgrounds, and medical circumstances. Its stories, exercises and tools can help you survive a diagnosis of cancer to live longer, more meaningfully, and with a higher quality of life, regardless of prognosis or stage of disease. Topics covered include: conquering fear; finding the right treatment for you; using hope as good medicine; surmounting barriers to treatment; increasing quality and meaning of life; redefining your relationship with cancer; and finding opportunity amidst the crisis.

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