

The background of the book cover is a photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, clasped together in a supportive grip. The hands are positioned in the center of the frame, with the fingers interlaced. The background is a soft-focus image of a beach with waves breaking in the distance under a bright sky.

# AND IN HEALTH

A Guide for Couples  
Facing Cancer Together

DAN SHAPIRO

AUTHOR OF *Mom's Marijuana*

"Lucid, practical, and informed by research and interviews with patients and their spouses, Shapiro provides a blueprint for managing the illness and succeeding as a couple."

—ANDREW WEIL, MD

*Dan Shapiro*

## **And in Health: A Guide for Couples Facing Cancer Together**



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Guide for couples facing cancer I read this after 16 a few months to be a caretaker for my wife who had colorectal tumor. There are many tips in this reserve, and I recommend reading if you as a few are facing cancer. Among the best things about the book is Dan Shapiro's writing style, and his wonderful sense of humor.. My wife and I almost have the tumor behind us right now, as my partner after weeks of chemo and an 8 1/2 hour operation at Mayo Clinic in Scottsdale, AZ is now cancer free. essential read for couples facing cancer This book is a God send and I wish was recommended reading the moment people facing the possible diagnosis is manufactured. A very important factor I also feel people need to find out is usually that he gets people have REAL relationships moving in, the good, bad and the ugly. Most of the topics aren't discussed by the doctors and nurses - it really is ways to get through the times and years. I want I would experienced this book from day time one. The author touches on every aspect of going right through treatment from both the side of the individual and caregiver. You will need not have an ideal marriage to survive this and Personally i think that's important to note as many books preach without that, hang it up. A must go through for any couple going right through cancer Yes, even though (hopefully) only 1 of the couple has cancer, they are both affected. That is a great reserve to let people know they're not alone also to give some suggestions on overcoming communication issues. He touches on familt, friends, coworkers, personal privacy, and really everything you can think of. my husband highly values this reserve. Cancer is a trip a caring couple will take together. The partner could feel marginalized and deeply concerned, not merely for their partner, but also for themselves. This a must read for lovers with cancer and also specialists who help them. I would recommend. Helpful book Thoughtful book by psychologist husband/wife cancer survivors about stresses of cancer and concrete steps to cope with those stresses. Useful for any couple or friends of individuals coping with long-term caregiving (e. Excellant, right down to earth discussions of patients with tumor . stroke, dementia). Center for Building Hope I facilitate a Couples and Cancer support group in Sarasota, FL. It would have been an excellent book, if my husband would have read it. Excellent Book Perfect guideline for a difficult time Insightful advice Great publication with a lot of insight and guidance for couples dealing with cancer.g.. Don't miss reading this book if you are dealing with cancer. Excellant,down to earth discussions of patients with cancer and those that are care givers.Terriffic insight!! Great book Great book for anyone (yourself or family member) going through medical tumor diagnosis. This reserve has right down to earth, useful suggestions about how to deal. Best book I've seen for lovers with cancer. Shapiro does an excellent job outlining the main areas in a romantic relationship which can be affected through the cancer trip. This book is very useful and specifically we cherished its emphasis upon self-care for the supportive partner.



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