



HELENE RENNERVIK

# HOPING AND COPING

HOW MY DARLING LITTLE SON  
AND I BROKE FREE OF CANCER

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## Hoping and Coping: How My Darling Little Son and I Broke Free of Cancer



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In her first book, *Hoping and Coping: How My Darling Little Son and I Broke Free of Cancer*, Helene Rennervik has written a moving account of how she and her nine-year-old son battled osteosarcoma – cancer of the bone - and came out the other side closer and more resilient. Helene may be the first to tell you that cancer adjustments your life permanently. In *Wishing and Coping*, you will notice how Helene's and Yousef's lives transformed in unimaginable methods. The book includes guided meditations and additional resources to greatly help a parent soothe their child and give them a tone of voice because of their fears and questions. Helene has utilized her precious love for her child and her background as a life trainer to write a publication that helps readers handle the wrenching cancer analysis and the good and the bad of chemotherapy. You can change for the better: obtain closer to your child, improve the method that you communicate, even learn to appreciate the richness of life due to your cancer battle. You will find the strength within to do what you should do. *Hoping and Coping* gives tools to envision wish and peace in existence's worst moments. But she maintains it is possible to look for appreciate and beauty at at any time.



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An honest and brave story about a mom dealing with her child's cancers and recovery. I love this book and would recommend it to anyone who's coping with a family group member's illness (whether its a kid.) Helene (the mother) and Yousef (the kid who had malignancy) are both extremely brave. Helene is indeed honest about what she experienced that I think additional parents won't experience as alone. Not only a tale of courage, determination and genuine love but a book filled with inspiring and powerful equipment that guides you in any challenges you may face in life. Wonderful inspirational book This book was among the best books I read in a long time . determination and pure like but a book full of inspiring and powerful tools . An exceptional read. The writer has written this reserve beautifully .. The author has written this publication beautifully to help and motivate who are suffering from her journey which was going through the hardest time of her lifestyle and how she came out of it with resilience. An excellent read.. Thank you Helene for sharing the one you love child's fight and recovery story. Your encouragement that giving up is not an option is well used. I love the coaching aspect, especially the mindfulness exercises...strong I would recommend this reserve to anyone . An excellent book who makes you a better parent. Once I start reading I possibly could not stop.same time. Bad or good - They are all welcomed, all of them are OK. Different life story - same difficulties on a way: How to be considered a good mother or father. Humble .I cried sometimes amazed in how Yousef and Helene managed to get through this ordeal but also reminded that we can all be more posetivt and stronger and help you others.at the The authour is so purely honest with her feelings, thought, feelings. Loving and hating, wishing and coping.As a parent, I could relate to all that.and . That's what makes us human. How not to enable you to child down.An excellent book who makes you a better parent. Great book!.. What an incredible book! My husband was sick with cancers and I possibly could relate to so much of what she wrote. So grateful.



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