



Recommended Reading List

Every title we recommend meets our criteria

- Medical information is based on current accepted medical practice and, where possible, is evidence-based.
- Information about complementary and alternative therapies (including meditation and relaxation) does not contradict current accepted medical practice and/or evidence and will cause no harm.
- Information in these titles does not necessarily reflect the opinion of Cancer Council NSW.
- At least one Cancer Council staff member or a known consumer has read each book, with the exception of titles which have been pre-endorsed by the National Breast Cancer Centre (NBCC) and the National Health and Medical Research Council (NHMRC).
- Priority is given to books written and published in Australia.
- Popular borrowed and/or purchased books are included in the list, if they have been read by a Cancer Council staff member or a known consumer.

Cancer Prevention

1. **Breast Cancer. Can you Prevent It?**
Amelia Lawson & James Lawson
Sydney : McGraw-Hill, c1999.
ISBN: 007470723X
2. **Cancer Prevention**
Woodland, Susan
Double Bay, N.S.W. : Media 21 Publishing, 2003.
ISBN: 1876624981
3. **Deadly Enemies; Tobacco and its Opponents in Australia**
Tyrell, Ian
Sydney : UNSW Press, 1999
ISBN: 0868407453
4. **Fighting Melanoma. An Australian Story.** VIDEO
The Cancer Council NSW 2003. Free

5. **Hollywood Speaks Out On Tobacco**
Mekemson, Curtis
Sacramento, CA : Grassroots Solutions, c2004.
ISBN: 0976394405
6. **Nutrition for life: the authority on nutrition for 20 years**
Saxelby, Catherine
Prahran, Victoria : Hardie Grant Books, c2006.
ISBN: 1740663322
7. **Rosemary Stanton's complete book of food and nutrition**
Stanton, Rosemary
Pymble, N.S.W. : Simon & Schuster Australia, 2007.
ISBN: 9780731812998
8. **Smoke-free: How one city successfully banned smoking in all indoor public places 2005**
McLintock, Barbara
Granville Island Publishing.
ISBN: 1-894694-31-7
9. **Tobacco Control: A Blue Chip Investment in Public Health**
VicHealth Centre for Tobacco Control,
Cancer Council Victoria. 2003
10. **Tobacco or Health? Physiological and Social Damages Caused by Tobacco Smoking**
Haustein, Knut-Olaf
Berlin ; New York : Springer, c2003.
ISBN: 3540440313
11. **You Are The Target - Big Tobacco: Lies, Scams - Now The Truth**
Lovell, Georgina
Vancouver : Chryan Communications, c2002.
ISBN: 0973067004

Medical Information

1. **100 Questions and Answers About Cancer and Fertility.**
Oktay, Kutluk H.
Sudbury, Mass. : Jones and Bartlett Publishers, c2008
ISBN: 9780763740498
2. **100 Questions and Answers About Life After Cancer : a Survivor's Guide**
Tolbert, Page
Sudbury, Mass. : Jones and Bartlett Publishers, c2008
ISBN: 9780763750695
3. **100 Questions and Answers About Caring for Family or Friends with Cancer.**
Rose, Susannah
Sudbury, Mass. : Jones and Bartlett Publishers, c2005
ISBN: 0763723614

4. **100 Questions and Answers About Bladder Cancer**
Ellsworth, Pamela.
Sudbury, Mass. ; London : Jones and Bartlett, 2006
ISBN: 0763732532
5. **100 questions and Answers About Head and Neck Cancer.**
Carper, Elise.
Sudbury, Mass. Jones and Bartlett Publishers; c2008.
ISBN: 9780763743079
6. **100 Questions and Answers About Liver Cancer**
Abou-Alfa, Ghassan K.
Sudbury, Mass. : Jones and Bartlett, c2006
ISBN: 0763747548
7. **100 Questions and Answers About Lung Cancer**
Parles, Karen
Boston : Jones and Bartlett, c2003.
ISBN: 0763720569
8. **100 Questions and Answers About Mesothelioma**
Pass, Harvey
Sudbury, Mass. ; London : Jones and Bartlett Publishers, 2005.
ISBN: 0763748390
9. **100 Questions and Answers About Pancreatic Cancer**
O'Reilly, Eileen
Sudbury, Mass. : Jones and Bartlett, c2003
ISBN: 0763720577
[Read review](#)
10. **100 Questions and Answers for Women Living with Cancer: a Practical Guide for Survivorship.**
Krychman, Michael
London : Jones and Bartlett, c2007
ISBN: 9780763739249
11. **100 questions and answers about your child's cancer**
Carroll, William L.
Sudbury, Mass. : Jones and Bartlett Publishers, c2005.
ISBN: 0763731404
12. **A Guide for Women with Early Breast Cancer**
National Breast Cancer Centre 2009 - online only
13. **A Guide for Women with Metastatic Breast Cancer**
Sydney: iSource National Breast Cancer Centre, 2001.
ISBN: 1-56592-522-X
14. **ABC of Lung Cancer**
Hunt, Ian
Malden, Mass: Blackwell Pub, 2008
ISBN: 9781405146524

15. **Advanced Prostate Cancer : a Guide for Men and Their Families**
NSW : Cancer Council Australia, 2009
ISBN : 9780980742107
16. **Brain Tumors - Leaving the Garden of Eden : a Survival Guide to Diagnosis, Learning the Basics, Getting Organized and Finding Your Medical Team.**
Zeltzer, Paul M.
Encino, CA: Shilysca Press, c2004
ISBN: 0976017105
17. **Breast Reconstruction: Is It For Me? (Video/DVD)**
Queensland Cancer Fund
Brisbane, Qld.: Queensland Cancer Fund, c2005.
18. **Cancer At Your Fingertips**
Rosenfeld, Maxine
Sydney: McGraw-Hill Australia, 2004.
ISBN: 0074713728
19. **Cancer Sourcebook for Women (Second Edition)**
Karen Bellenir (Ed)
Detroit, MI: Omnigraphics, c2002.
ISBN: 078080228
20. **Choices in Breast Cancer Treatment : Medical Specialists and Cancer Survivors Tell You What You Really Need to Know.**
Miller, Kenneth.
Baltimore: Johns Hopkins University Press, 2007.
ISBN: 9780801886850
21. **Coming to Terms With Cancer – A Glossary of Cancer-Related Terms**
Laughlin, Edward H.
Atlanta, Ga. : American Cancer Society, c2002
ISBN: 0944235360
22. **Dr. Susan Love's Breast Book 4th ed**
Love, Susan
Cambridge, Mass. : Da Capo Lifelong, 2005.
ISBN: 0738209732
23. **Localised Prostate Cancer: A Guide for Men and Their Families**
Australian Prostate Cancer Collaboration 2006
ISBN: 0957993811
24. **Navigating Breast Cancer: A Guide for the Newly Diagnosed**
Shockney, Lillie
Sudbury, Mass. Jones and Bartlett Publishers; c2007.
ISBN: 9780763741280
25. **Palliative Care: More Than Just Pain Control. (Video)**
Palliative Care Australia
Deakin, ACT: Palliative Care Australia, c2003.

26. **Prostate Cancer for Dummies**
Lange, Paul H.
New York: Wiley c2003.
ISBN 0764519743
27. **So, I Have Prostate Cancer, What Now? : a Guide for Men and their partners living with prostate cancer. (DVD)**
Prostate Cancer foundation of Australia; 2008.
28. **So, How do You Choose? : a Guide for Men and Their Partners in Deciding Which Treatment Option To Choose for Prostate Cancer (DVD)**
Stricker, Phillip
NSW : Prostate Cancer ; 2008
29. **Testicular Cancer. A Guide For Men and Their Families (VIDEO or DVD)**
Victoria: Colorama , 2005
Available from Cancer Council Victoria (03) 9635-5110
30. **The Complete Thyroid Book**
Ain, Kenneth B.
New York: McGraw-Hill, 2005
ISBN: 0071435263
31. **The Gynaecological Cancer Guide: Sex, Sanity and Survival**
Heffernan, Margaret
South Yarra, Victoria: Michelle Anderson Publishing, 2003.
ISBN: 085572 332 7
32. **The Lymphoedema Handbook**
Piller, N. B. (Neil B.),
Melbourne: Hill of Content, 2002.
ISBN: 0855723270
33. **The Total Cancer Wellness Guide: Reclaiming Your Life After Diagnosis.**
Thiboldeaux, Kim. Dallas,
Tex. BenBella Books; c2007.
ISBN: 9781933771168
34. **Understanding Cancer of the Colon and Rectum (DVD)**
The Cancer Council Queensland ; 2007.
ISBN: 9781933771168
35. **Understanding Leukaemia and Related Blood Disorders For Adults (VIDEO)**
The Leukaemia Foundation - Publication date unknown
36. **Understanding Pancreatic Cancer You are not Alone : a Guide for People facing a Pancreatic Cancer Diagnosis (DVD)**
Sydney : Cancer Council ; 2009.
37. **Understanding the Prostate and Prostate Cancer (VIDEO)**
Zeneca Pharmaceuticals Australia Pty Ltd 2004

38. Young Women Talking (DVD)

Cancer Council Victoria, 2006

39. Your Guide to Prostate Cancer. The Disease, Treatment Options and Outcomes

Rashid, Prem

Port Macquarie, NSW: Uronorth Group, c2003

ISBN 9834296002

Psycho-Social Support

1. A Caregiver's Guide: a Handbook About End - of - Life Care.

Macmillan, Karen [et al]

Eastwood, SA: Palliative Care Council of South Australia; 2007.

ISBN: 978098039340

2. A Pocketful of Sequins

Lord, Julianne.

Crows Nest, NSW: Moonstone Media, 2006.

ISBN: 0977559904

3. Breast Cancer Husband: how to help your wife (and yourself) through diagnosis, treatment, and beyond

Silver, Marc

Emmaus, USA: Rodale Books; 2005.

ISBN: 1579548334

4. Bald in the Land Of Big Hair

Rodgers, Joni

New York: HarperCollins Publishers, c2001

ISBN: 006019588-6

5. Can I Write the Ending? (DVD)

Hindmarsh, S.

Australian Broadcasting Corporation; 2007.

6. Cancer In The Family: Helping Children Cope With a Parent's Illness

Heinery, Sue P.

Atlanta, GA: American Cancer Society, 2001

ISBN 0944235344

7. Caring For The Dying

Michael Barbato

Sydney: McGraw-Hill, c2002.

ISBN: 0074712144

8. Coping With Grief

Mal McKissock, Dianne McKissock

Sydney: ABC Books for the Australian Broadcasting Corporation, 1995.

ISBN: 0733304389

9. **Counseling children and adolescents through grief and loss**
Fiorini, Jody J. and Mullen, Jodi Ann
Champaign, Ill. : Research Press, 2006.
ISBN : 9870878225538
10. **Death and Dying in Australia**
Allan Kellehear, (ed)
South Melbourne: Oxford University Press, 2000.
ISBN: 019551150 6
11. **Death, and How to Survive It**
Kate Boydell
London: Vermilion, 2005.
ISBN: 0091902576
12. **Dying to Know Bringing Death to Life**
Anastasios, Andrew
Pahran, VIC: Hardie Grant 2007.
ISBN: 9781740665537
13. **Empowering Young Women With Early Breast Cancer (DVD)**
Northern Rivers Division of General Practice 2004
14. **Five People You Meet in Heaven**
Mitch Albom.
London., [England] : Little, Brown, c2003.
ISBN: 0316726613
15. **Four Corners: surviving survival (DVD)**
Sydney, Australian Broadcasting Corporation 2000
16. **Four Corners : a Good Death (DVD)**
Sydney, Australian Broadcasting Corporation 2010
17. **Good Loving Great Sex**
Dr Rosie King
Milsons Point, NSW: Arrow, 1998.
ISBN: 0091839076
18. **Grief and Remembering: 25 Australians Tell it Like It Is**
Allan Kellehear
East Hawthorn, Victoria: Rivoli, 2001
ISBN: 0957861702
19. **Heartsongs in the Key of C: Women Writing About Breast Cancer**
Faye Arthur
Moonee Ponds, Victoria: Kate Carey Publications, 2006
ISBN: 0977552 0X
20. **Helping Children Cope with the Death of a Parent : a Guide for the First Year**
Lewis, Paddy Greenwall and Lippman, Jessica G.
Westport, Conn. Praeger; 2004. - ISBN: 0275980979

21. **Hope Happens! : Words of Encouragement for Tough Times**
Catherine DeVrye
Manly, NSW: Everest Press, c2002,
ISBN: 0958011001
22. **Intimacy After Cancer: a Woman's Guide**
Kydd, Sally ; Rowett, Dana
USA: Big Think Media, Inc. 2006.
ISBN: 9780978810801
23. **Just Take it Day to Day : a Guide to Surviving Life After Cancer (DVD)**
Melbourne, Victoria : Peter MacCallum Cancer Foundation ; 2007
24. **Know Thyself Stress Relief Program**
Craig Hassed.
Melbourne: Michelle Anderson Publishing, 2002.
ISBN: 085572336X
25. **Lean on Me**
Lorraine Kember.
Beechboro, WA: L. Kember, 2003.
ISBN 0646499696
26. **Life After Cancer : a Guide for Cancer Survivors**
Carlton, Vic. : Cancer Council Victoria ; 2007
27. **Life, Happiness & Cancer: Survive with Action and Attitude!**
Phil Kerslake;
Australia: Fontaine Press; 2008
ISBN: 9780980417067
28. **Life Matters : Cancer & Courage (CD-ROM)**
Sydney : Australian Broadcasting Corporation ; 2007
29. **Living On: a Guide to Living On in the Thoughts and Memories of Those You Love.**
Margo, Jill and Margo, Emily.
Blackheath, NSW: Brandl & Schlesinger; 2008.
ISBN: 9781876040949
30. **Looking After Yourself During Chemotherapy (VIDEO or DVD)**
Peter MacCallum Cancer Foundation 2004.
31. **Lungevity Stories. (Booklet and DVD)**
The Australian Lung Foundation, Australia 2006.
32. **Men Surviving Cancer.**
Leigh, Barry
Edgecliff, N.S.W. Jane Curry Publications; c2007
ISBN:9781920727314
33. **Mission of Love: a Guide to Living and Dying Peacefully**
Dr Roger Cole Lothian,
South Melbourne, Victoria: Lothian Books, 2005. -

ISBN: 9780734408211

34. **My Mum's Got cancer (Children's book)**
Blunt, Lucy
Paddington, NSW, Australia: Jane Curry Publishing; 2009.
ISBN: 9780980475852
35. **My Mum Has Breast Cancer - a Family's Cancer Journey (Children's Book)**
Lisa Sowards and Harrison Sowards
[Hampton, Victoria] : Lisa Sowards, 2006.
ISBN: 9780646460536
36. **My Story. Aboriginal and Torres Strait Islander Women Sharing Their Experiences of Breast Cancer. (DVD)**
James Cook University,
Queensland Cancer Fund, Breast Cancer Network Australia 2005.
37. **Notes Left Behind**
Desserich, Brooke.
Pymble, N.S.W. HarperCollins Publishers, 2009.
ISBN: 9780732290191
38. **Now What : a Resource Book For Young People Who Have a Parent Living With Cancer**
Sydney: CanTeen – Australia, 2008.
ISBN: 9780980463712
39. **On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss**
Elisabeth Kubler-Ross and David Kessler
New York: Scribner, c2005.
ISBN: 0743266285
[Read review](#)
40. **Our Special Place love from your grandmother (CD-ROM)**
Kakoschke, Celia
Victoria, Sleptalk Australia, 2006
41. **Past Caring**
Audrey Jenkinson
Worcestershire, England : Polperro Heritage Press, 2004.
ISBN: 0954423364
42. **Positive : Finding Life in the Midst of Cancer**
Sally Collings
Pymble, N.S.W. : HarperCollins, 2009.
ISBN: 9780732287191
43. **Quest for Life**
Petrea King
Milsons Point, NSW: Random House Australia, 2004.
ISBN: 1740513398

44. **Raising an Emotionally Healthy Child When a Parent is Sick.**
Rauch, Paula K and Muriel, Anna C.
New York: McGraw-Hill; c2006.
ISBN: 0071446818
45. **Relaxation for Everyone: Relaxing the Body. (CD-ROM)**
Ian Gawler.
Victoria, Australia: The Gawler Foundation; 2007.
46. **Safina and the Hat Tree (Children's book)**
Cynthia Hartman
Wollongong, NSW: Nomota, 2004.
ISBN 0 646 43541 8
47. **Secrets of Cancer Survivors : a Book of Hope for Cancer Patients, Their Families and Friends**
Gould, Elizabeth
South Yarra, Vic. Michelle Anderson Publishing; 2008.
ISBN: 9780855723842
48. **She's Got What? (Children's book)**
Carrie Lethborg & Angela Kirsner
Melbourne: St Vincent's Hospital - Department of Oncology, 1999.
ISBN: 1875271309
49. **Supporting a Person Who Needs Palliative Care: A Guide for Family and Friends**
Dr Peter Hudson
East Melbourne, VIC: Palliative Care Victoria, 2004.
ISBN: 0958087911
50. **Surviving Survival: Life After Cancer**
Miles Little
Marrickville, NSW: Choice Books c2001.
ISBN: 0947277803
51. **Sweet Sorrow : a Beginner's Guide to Death**
Wakely, Mark
Carlton, Vic. Melbourne University Press ; 2008.
ISBN: 9780522855135
52. **The Courage to Care: The Impact of Cancer on the Family**
Susanne Baxandall
Melbourne: David Lovell Publishing, 1993.
ISBN: 1863550364
53. **The Grief Of Our Children**
Dianne McKissock
Sydney: ABC Books, 1998.
ISBN: 0733306799
54. **Tuesdays With Morrie**
Mitch Albom
Rydalmere, NSW: Hodder Headline, 1998. -ISBN 0733609554

- 55. What Can I Do To Help? : 75 practical ideas for family and friends from Cancer's frontline**
Deborah Hutton
London: Short, 2005.
ISBN: 1904977391
[Read review](#)
- 56. What Can I Say? A Guide to Visiting Friends and Family Who Are Ill**
Simon and Karen
Adelaide: Fox Flinders Press, 2003.
ISBN: 0646423347
[Read review](#)
- 57. What Dying People Want: Practical Wisdom for the End of Life**
David Kuhl
Sydney: ABC Books 2005.
ISBN: 0733315208
[Read review](#)
- 58. What To Do When Someone Dies**
Stella Tarakson
Marrickville, NSW: Choice Books, 2001.
ISBN: 0947277749
- 59. What to do When They Say It's Cancer**
Joel Nathan
St Leonards, NSW: Allen & Unwin, 1998.
ISBN: 186448635X
- 60. What Women (and their men) Need to Know About Prostate Cancer**
Irene Madjar
Newcastle, NSW: Health Research Associates, 2007.
ISBN: 9780646468525
- 61. When a Parent Has Cancer: A Guide to Caring For Your Children**
Wendy Schlessel Harpham
New York: Harper Perennial, 1997.
ISBN: 0060187093
- 62. When Mama wore a hat. (Children's book)**
Schick, Eleanor.
Arty Projects Studio; 2007.
ISBN: 0646435418
- 63. Wrapping it Up: the Ultimate Guide**
Todd-Banks, Diana.
Alan Caudell & Associates, 2008.
ISBN: 9780646493060
- 64. You Can Conquer Cancer**
Ian Gawler
Melbourne, Victoria: Hill of Content, 2001.
ISBN: 0855723203

65. **You, Me & The Rainbow (Children's book)**
Petrea King
Paddington, NSW: Jane Curry Publishing. Australia, 2005
ISBN: 1929727183
[Read review](#)
66. **Young Women With Breast Cancer (DVD)**
BreaCan , Australia 2006.
67. **Your Life Matters (Also available as a spoken word CD)**
Petrea King
Milsons Point, NSW: Random House Australia, 2004.
ISBN: 1740513231

Complementary and Alternative Therapies

1. **American Cancer Society's Guide to Complementary and Alternative Cancer Methods**
David S. Rosenthal
Atlanta, GA.: American Cancer Society, 2000.
ISBN: 0944235298
2. **Early Detection : the National Bowel Cancer Screening Program (DVD)**
Australian Government Department of Health and Ageing, 2007
3. **Female Cancers. A Complementary Approach**
Jan de Vries
Edinburgh: Mainstream 2004
ISBN: 1840188472
4. **Foods that Fight Cancer : Preventing and Treating Cancer Through Diet**
Beliveau, Richard and Gingras, Denis
Crows Nest, N.S.W. : Allen & Unwin, ; 2006
ISBN : 9781741750102
5. **Medicine Hands: Massage Therapy for People with Cancer.**
MacDonald, Gayle.
UK: Findhorn Press; 2007.
ISBN: 1844090906
6. **Meditation: Pure and Simple**
Ian Gawler
Melbourne: Hill of Content Publishing, 1996.
ISBN: 085572255X
7. **PDQ Integrative Oncology. Complementary Therapies in Cancer Care**
Cassileth, Barrie R. MS PhD
Hamilton, Ont. : BC Decker, 2005
ISBN: 1-55009-280-4
[Read review](#)

8. **The Power of Food: Cancer - Food, Facts & Recipes**

Clare Shaw

London: Hamlyn/Octopus, 2005.

ISBN: 0 600611

9. **Trick or Treatment? : Alternative Medicine on Trial**

Singh, Simon and Ernst, Edzard

London: Bantam; 2008.

ISBN: 9780593061299

10. **Yoga For Sleep (CD-ROM)**

Dr Gillian Ross

Sydney: NSW ABC Audio, 2001

11. **Yoga Journals Yoga Basics (DVD)**

Patricia Walden

Universal Studios 2001

Cancer Biographies

1. **A Love For Life**

Jane and Glenn McGrath

Milsons Point, NSW: Random House Australia, 2000.

ISBN: 0091841534

2. **Allie McGregor's True Colours.**

Lawson, Sue. Fitzroy,

Victoria: Black Dog Books; 2006.

ISBN:1876372990

3. **Bad Hair Days.**

Bone, Pamela.

Melbourne University Publishing: Melbourne University Publishing; 2007.

ISBN: 9780522853698

4. **Breast Cancer: You Can Get Through This!**

Stuart, Domini.

[Abbotsford, NSW]: Domini Stuart, 2001.

ISBN: 0957914407

5. **Can I Take My Panda Daddy?**

Greg Crooks

Brisbane: Boolarong Press, Brisbane 2005.

ISBN: 1921054549

[Read review](#)

6. **Cancer for Two: Conquering a Cancer Together**

David Bennett

Melbourne: Michelle Anderson Publishing, 2006.

ISBN: 0855723519

[Read review](#)

7. **Cancer Vixen: a True Story**
Marisa Acocella Marchetto.
London: Fourth Estate, 2007.
ISBN: 9780007258963
8. **Dying A Memoir**
Donald Horne & Myfanwy Horne
Camberwell, VIC: Viking, 2007.
ISBN: 9780670071029
9. **Final Exam: a Surgeon's Reflections on Mortality.**
Chen, Pauline W.
New York: Alfred A. Knopf; 2007.
ISBN: 9780307263537
10. **Hit Below The Belt: Facing Up To Prostate Cancer**
Ralph Berberich
Berkeley: Celestial Arts, 2001
ISBN: 1587610779
11. **I am not My Breast Cancer: Women Talk Openly About Love & Sex, Hair Loss & Weight Gain, Mothers & Daughters, and Being a Woman with Breast Cancer.**
Peltason, Ruth A.
New York: William Morrow; c2008.
ISBN: 9780061174100
12. **It's Not About The Bike – My Journey Back to Life**
Lance Armstrong, Sally Jenkins.
Crow's Nest, NSW: Allen & Unwin, 2002
ISBN: 1865086797
13. **I've Got a Curable One**
Katie Barton
Mudgee, NSW: Katie Barton, 1997.
ISBN: 0646314416
14. **Journey to Me**
Gillespie, Jane
Canand : Trafford ; 2007
ISBN : 1412093694
15. **Lessons From My Left Testicle : a Turbulent Tale to Help Put Life in Perspective**
Peacock, Ben
Lane Cove, N.S.W. : Finch Publishing ; 2009
ISBN : 9781921462016
16. **Life in His Hands.**
Wyndham, Susan.
Sydney: Pan Macmillan; 2008.
ISBN: 9781405038379

17. **Making the Cut: a Surgeon's Memoir of Life On the Edge**
Khadra, Mohamed
North Sydney, NSW. Random House Australia; 2007.
ISBN: 9781741667325
18. **Never Say Die.**
O'Brien, Chris.
Pymble, NSW: Harper Collins; 2008.
ISBN: 9780732288099306
19. **One Thing in Common 2nd ed**
Dianne Montague, Nan Burley,
St. Leonards, NSW: Cansupport, 2007.
ISBN: 9780958735360
20. **Salvation Creek: An Unexpected Life**
Susan Duncan
Milsons Point, NSW: Random House, 2006.
ISBN: 1863254749
21. **Saying Goodbye – Stories of Caring For The Dying**
Megan Hender
Sydney: ABC Books, 2004
ISBN: 0733313477
22. **Shadows & Light: Journeying Through Cancer**
Slatter, Sandra
Hartwell, Vic. Sid Harta Publication, 2006
ISBN: 9781921206238
23. **Singing the Life: the Story of a Family in the Shadow of Cancer.**
Bryan, Elizabeth.
London: Vermilion; 2007.
ISBN: 9780091917166
24. **Sometimes Hearts Have to Break. 25 Inspirational Journeys to Healing and Peace**
Petrea King 1997
Milsons Point, NSW: Random House Australia, 1997
ISBN: 0091834449
25. **Spirited Women - Journeys With Breast Cancer**
Petrea King 2004
Milsons Point, NSW: Random House Australia, 1997
ISBN: 1740513347
26. **Take Off Your Party Dress**
Dina Rabinovitch.
London: Pocket Books, 2007.
ISBN: 9781416527886

27. There is More to Life than My Right Breast: a Personal Guide to Breast Cancer

Cyndi Kaplan-Freiman
Sydney: New Holland, 2002.
ISBN: 1864367768

28. This is Living: The Joys of Illness

Marea Stenmark
Double Bay, NSW: Marea Stenmark Communications, c2005.
ISBN: 0957917317

29. The Patient: One Man's Journey Through the Australian Health – Care System

Khadra, Mohamed. North Sydney, N.S.W. William Heinemann; 2009
ISBN: 9781741666540

Websites

1. Advanced Breast Cancer Group

www.advancedbreastcancergroup.org

By Mary O'Brien and Pia Hirsch

The Women's Psychotherapy Service Inc (Australia)

[Read review](#)

2. American Cancer Society website

www.cancer.org

3. Ash Australia

www.ashaust.org.au

4. Bereavement Care Centre

www.bereavementcare.com.au

5. Beyond Blue National Depression Initiative

www.beyondblue.org.au

6. Brain Foundation Website

www.brainaustralia.org.au

7. Breast Cancer Action Group NSW

www.bcagnsw.org.au

8. Breast Cancer Network of Australia

www.bcna.org.au

9. Canadian Cancer Society Website

www.cancer.ca

10. Cancer Answers Website

www.cancercouncil.com.au/canceranswers

11. Cancer Council Australia Website

www.cancer.org.au

12. **Cancer Council NSW Website**
www.cancerCouncil.com.au
13. **Cancer Voices Website**
www.cancervoices.org.au
14. **Cancerbackup Website**
www.cancerbackup.org.uk
15. **Canteen Australia**
www.canteen.org.au
16. **Environmental Tobacco Smoke & Kids**
www.smokefreezone.org.au
17. **Grieflink**
www.grieflink.asn.au
18. **Gynaecological Cancer Society**
www.gcsau.org
19. **Gynaecological Cancer Support Website**
www.gynaecancersupport.org.au
20. **Leukaemia Foundation Website**
www.leukaemia.org.au
21. **Lions Australian Prostate Health**
www.prostatehealth.org.au
22. **Look Good Feel Better Website**
Look Good Feel Better 2004
www.lgfb.org.au
23. **My Parents Cancer**
www.myparentscancer.com.au
24. **Memorial Sloan-Kettering Cancer Center Integrative Medicine Service**
www.mskcc.org/aboutherbs
[Read review](#)
25. **Mental Health Association of Australia**
www.mentalhealth.asn.au
26. **National Breast Cancer Centre**
www.nbcc.org.au
27. **National Centre for Complementary & Alternative Medicine, NHI (USA)**
www.nccam.nih.gov
28. **Oxygen Youth Anti-Tobacco**
www.oxygen.org.au

29. **Palliative Care Association of Australia**
www.palliativecare.org.au
30. **Prostate Cancer Foundation Website**
www.prostate.org.au
31. **Quit**
www.quit.org.au
32. **Teen Info on Cancer Website**
Cancerbackup UK
www.click4tic.org.uk
33. **Tobacco Control Supersite**
<http://tobacco.health.usyd.edu.au>
34. **US National Cancer Institute Website**
www.cancer.gov/cancer_information
35. **US National Cancer Institute Office of Cancer Complementary and Alternative Medicine Website**
www.cancer.gov/cam
36. **Virtual Cancer Centre Website**
Virtual Cancer Centre 2005
www.virtualcancercentre.com

Other Sources of Information

1. **Cancer in New South Wales: Incidence and Mortality 2006**
Cancer Institute NSW 2008
www.cancercouncil.com.au
2. **Carer's Handbook**
Louise Neild Gilmore.
St. Leonards, N.S.W. :Allen & Unwin, 1995.
ISBN: 863737537
3. **“My Journey” Breast Cancer Diagnosis Kit (BCNA)**
Breast Cancer Network Australia 2004
4. **NSW Directory of Breast Cancer Treatment & Services**
Breast Cancer Action Group NSW & the NSW Breast Cancer Institute 2002
BCAG NSW FREE

For Health Professionals

1. **Caring for the Dying at Home: Companions on the Journey**
Keri Thomas
Abingdon : Radcliffe Medical, 2003.
ISBN: 9781857759464

2. **Cervical Cancer Screening is Changing: What You Need to Know (DVD)**
Rural Health Education Foundation, Australia 2006
3. **Clinical Practice Guidelines for the Management and Support of Younger Women with Breast Cancer**
National Health and Medical Research Council 2003
ISBN: 174127060X FREE
4. **Clinical Practice Guidelines for the Management of Early Breast Cancer**
National Health and Medical Research Council 2002
NBCC & NCCI
5. **Clinical Practice Guidelines for the Prevention, Diagnosis and Management of Lung Cancer**
The Cancer Council Australia approved by the National Health and Medical Research Council 2004
ISBN: 1864963123 FREE
6. **Clinical Practice Guidelines for the Psycho-social Care of Adults with Cancer**
National Health and Medical Research Council 2003
FREE
7. **Food, Nutrition, Physical Activity, and the Prevention of cancer: a Global Perspective.**
World Cancer Research Fund. Washington DC. American Institute for Cancer Research; 2007.
ISBN:9780972252225
8. **Handbook of Cancer Survivorship**
Feuerstein, Michael
New York, NY : Springer ; 2007.
ISBN : 9780387345611
9. **Infections Causing Human Cancer.**
Zur Hausen, Harald.
Weinheim : Wiley-VCH ; Chichester : John Wiley [distributor], c2006.
ISBN: 9783527310562
10. **Lung Cancer (VIDEO)**
Rural Health Education Foundation Australia 2005
11. **Ovarian Cancer (DVD)**
Rural Health Education Foundation, Australia 2006
12. **Psychosocial Care of Cancer Patients : a Health Professional's Guide for What to Say and Do.**
Hodgkinson, katharine ; cilchrist, Jemma. Ascot Vale,
Victoria: Ausmed Publications, 2008.
ISBN: 9780977515394

**13. Psychosocial Clinical Practice Guidelines.
Information, Support and Counselling for Women With Breast**
National Health and Medical Research Council
NHMRC, 1999
ISBN: 1864961090

14. The Skills of Helping Individuals, Families, Groups and Communities. 5th.ed.
Shulman, Lawrence. Belmont,
CA: Thomson Higher Education, c2006.
ISBN: 0534514138

Reviews

100 Questions & Answers About Pancreatic Cancer
By Eileen O'Reilly, MD and Joanne Frankel Kelvin RN, MSN
Jones and Bartlett (USA) 2003.
ISBN 0763720577
\$22.95

A well-organised and comprehensive source of information about one of the lesser known cancers. Authoritative medical information is translated into plain English and combined with thoughtful comments about the life changes pancreatic cancer brings to patients, families and friends.

Co-authored by a medical oncologist and a cancer nurse with 25 years experience, the book blends hard facts with personal stories. Newly diagnosed and advanced patients will find this book useful to confront the challenges of pancreatic cancer.

Advanced Breast Cancer Group Website
www.advancedbreastcancergroup.org

Mary O'Brien and Pia Hirsch

The Women's Psychotherapy Service Inc (Australia)

Dedicated to the needs of women and families who are living with advanced breast cancer. The site features professionally moderated Internet Forums for women, partners and families. Provides a way for people to support each other through sharing feelings and experiences.

Can I Take My Panda Daddy?

By Greg Crooks Boolarong Press, Brisbane 2005.
ISBN 1 921054 54 9

A striking and powerful book born of a father's grief. While grief is unique, this book will be treasured by anyone who has lost a child. Greg Crooks admits to writing the book as therapy to remember his son before he became ill, and to work through the storm of emotions unleashed during and afterwards. He describes the painful experience of diagnosis and treatment in great detail, all the time wondering why and where this monster of childhood cancer has come from. Do not read this book if you are upset by the topic or offended by raw and painful emotions expressed with great clarity and power.

Cancer for Two. Conquering a Cancer Together

By David Bennett

Michelle Anderson Publishing, Melbourne 2006.

ISBN 0855723513

David Bennett confronts and conquers the challenge of bowel cancer as an empowered patient. Through sharing his experience he succeeds in demystifying treatment, discussing emotions and highlighting the benefits of complementary medicine.

Drawing on his experience in the workplace, David confronts the challenge by asking questions, making plans, and reviewing each step of his treatment as an active partner in his treatment team. During recovery he has an interesting introduction to the role of meditation, diet and lifestyle. He eventually becomes a strong advocate. Anne provides a contrasting point of view of significant events during their journey.

Memorial Sloan-Kettering Cancer Center Integrative Medicine Service

www.mskcc.org/aboutherbs

This site contains evidence-based information about a wide range of complementary therapies for treating cancer. The Integrative Medicine Service supports and runs many clinical trials of therapies such as acupuncture, massage, herbs, botanicals, vitamins and other supplements. Evaluations of alternative or unproved cancer therapies are also included. In-depth information is tailored to the needs of health professionals, and easily understood summaries are included for patients.

On Grief and Grieving:

Finding the Meaning of Grief Through the Five Stages of Loss

By Elisabeth Kubler-Ross and David Kessler.

Simon and Schuster. USA 2005.

ISBN 0743266285

\$29.95

In collaboration with grief expert David Kessler, Kubler-Ross revisits the “five stages” theory of denial, anger, bargaining, depression and acceptance first presented in “On Death and Dying” in 1969. With her own health failing, Kubler-Ross adds personal experience to the counsellor's perspective. The book addresses a variety of end-of-life issues including regret, relief, anniversaries, angels and the afterlife. Case studies and the author's work with terminally ill people over the past thirty years provide a rich bank of experience from which to draw.

This book will help anyone who is thinking about or dealing with issues at the end of life.

PDQ Integrative Oncology. Complementary Therapies in Cancer Care

By Barrie R. Cassileth, MS PhD

BC Decker (Canada) 2005.

ISBN 1-55009-280-4

\$68

Scary title, friendly book. Dr Cassileth is the head of the world famous Integrative Medicine Service at the Memorial Sloan-Kettering Cancer Center in New York. The Center conducts research into the use of therapies such as acupuncture, herbs, yoga and meditation alongside mainstream cancer care. There is compelling evidence that, when used appropriately, such therapies improve wellbeing for cancer patients.

What Can I Do To Help?

By Deborah Hutton

Short Books. UK. 2005.

ISBN 1 904977 39 1

\$24.95

When she was diagnosed with end-stage lung cancer at 47, the author, a former health editor of Vogue UK, decided to use her research and writing skills to produce a practical guide for people who wanted to help but just didn't know how.

The result is a supremely practical anthology of helpful things to do, including "what to say" and "what to do".

Acting on just one of the suggestions in this book could be one of the most useful things anyone could do when a family member or friend is diagnosed with cancer.

What Can I Say? A Guide to Visiting Friends and Family Who Are Ill

By Simon and Karen

Fox Flinders Press, Melbourne 2003.

ISBN 0646423347

Men especially find it difficult to say and do the right thing when they are visiting a patient who is nearing the end of their life. This short "how to" book contains practical advice and guidance to overcome commonly held fears. Chapter headings include "What to say", "What not to say" and "Children and Illness".

With less than 20 pages of text, this book is brief and accessible to readers who are short of time. It would be a great gift for anyone with a loved one in care.

What Dying People Want: Practical Wisdom For The End of Life

By David Kuhl

ABC Books (Australia) 2005.

ISBN 0733315208

\$29.95

Western medicine has only recently begun to address the psychological and spiritual distress experienced by people facing death. This book offers a practical guide to maintaining physical and emotional well-being at the end of life, both for the patient and for the people who care for them.

Written by a palliative care specialist, a difficult subject is explored with honesty and sensitivity.

You, Me & The Rainbow

By Petrea King

Jane Curry Publishing. Australia. 2005.

ISBN 1929727183

\$14.95

A picture book story for young children about Mariah and her mother. Like every child, Mariah loves rainbows. Every night Mariah's mother wraps her in a rainbow, to make her feel warm and safe.

The rainbow is a metaphor for love which can be shared, even with lost puppy dogs and people who are far away. Mariah feels wrapped in a rainbow and in turn reaches out to send others a rainbow.

Kids love the illustrations and the story, which makes us all feel less alone.

Notes

The list is reviewed and updated every 6 months. It is comprehensive but not definitive. Suggestions for new titles are encouraged. Contact the Cancer Helpline 13 11 20. Books are available for borrowing from the Cancer Council NSW Consumer Library and most public libraries. Most books are available for purchase in bookshops and online.

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