

This pathfinder may be useful in finding information about dealing with life after cancer treatments end, including worries about cancer returning.

Resources

Books

The Opposite of Certainty: Fear, Faith, and Life in Between (2020)

by Janine Urbaniak Reid ISBN-13 : 978-0785230595

Anticancer Living: Transform Your Life and Health with the Mix of Six (2019)

by Lorenzo Cohen PhD and Alison Jefferies MEd ISBN-13 : 978-0735220430

The Cancer Survivor's Companion: Practical ways to cope with your feelings after cancer (2013)

by Lucy Atkins and Dr. Francis Goodhart ISBN-13 : 978-0749954901

After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients after Cancer (2015) by Gerald Lemole, Pallav Mehta, Dwight Mckee ISBN-13 : 978-1623365028

Booklet

“**Facing Forward: Life After Cancer Treatment**” from the National Cancer Institute. To get a copy or read online, go to cancer.gov and click on NCI Publications from the left sidebar. Click on “Survivorship” and choose “Facing Forward” from the list.

Websites

Livestrong - Go to livestrong.org. Click “Cancer Help” at the top. Under the “Cancer Journey” list, choose “Life After Treatment”

American Cancer Society – Go to cancer.org. In the search box, type Survivorship: During and After Treatment. There are several topics to choose from.

American Society for Clinical Oncology. Go to cancer.net. Click “Coping With Cancer” on the top menu. There is a list of topics to choose from.

National Cancer Institute. Go to cancer.gov In the search box, type “Coping.” Choose from the list of topics that you would like to read about.

This Pathfinder is a suggested list of books and websites and is not meant to take the place of medical advice or professional counseling. If you have any questions, please talk to your doctor, nurse, or social worker.