

CHAPTER 1. YOU'VE FOUND A LUMP... 15

- Every woman who finds a lump in her breast fears that she has breast cancer – and that she may not survive
- It is vital to find out as quickly as possible whether or not your lump is breast cancer
- Women who have never had a lump in their breast have no idea how you're feeling

CHAPTER 2. BREAST CANCER IS NOT YOUR FAULT 19

- No-one knows what causes breast cancer
- You are not responsible for your breast cancer
- You don't have to feel guilty about any increased risk to your daughter
- Lumps sometimes get missed – it's not your fault

CHAPTER 3. YOU DON'T NEED A MEDICAL DEGREE TO SURVIVE 27

- There's a middle ground between playing the role of helpless bystander and carrying an unwelcome weight of medical responsibility
- When you have faith in the people who will be taking care of you there's no need to feel embarrassed about accepting their opinion
- Do as much or as little research as you need in order to feel comfortable
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- The mysterious mastectomy scar
- Many people assume we look a lot worse than we do
- When you have a choice of treatment, take your time to make the right decision for you

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- Emotional rather than physical pain
- Emotions out of control
- Life goes on
- Avoiding lymphoedema

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- Take good care of yourself
- Don't expect to feel sick
- Losing your hair

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- Tedious but not traumatic
- Be careful what you put on your skin
- Don't expect to suffer – you probably won't

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- United by fear.
- Taking sensible precautions.
- Don't take the news at face value

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- Easing into eating well
- Should you become a vegetarian?
- Should you drink juice?
- Quick, easy, healthy food
- How much water?

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- Alleviate depression
- My routine

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- Getting started
- Techniques to try

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- A more positive frame of mind
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- Your point of power is now

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- Goals for every day
- Goals you can't fail to achieve
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- Getting back in control

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- Create a new 'normal' to move forward to
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