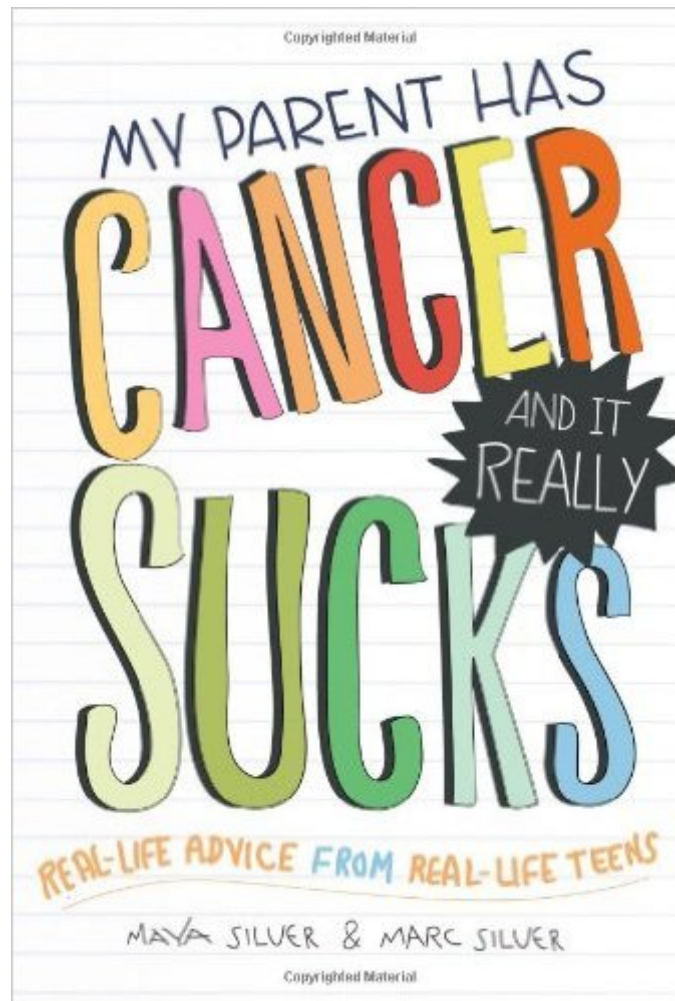


The book was found

# My Parent Has Cancer And It Really Sucks



## Synopsis

Real-life advice from real-life teens Currently one million American teenagers live with a parent who is fighting cancer. It's a hard blow for those already navigating high school, preparing for college, and becoming increasingly independent. *My Parent Has Cancer and It Really Sucks* is the first book written especially for teens to help during this tough time. Author Maya Silver was 15 when her mom was diagnosed with breast cancer in 2001. She and her dad, Marc, have combined their family's personal experience with advice from dozens of medical professionals and real stories from 100 teens--all going through the same thing Maya did. In a highly designed, engaging style, this book gives practical guidance that includes: • how to talk about the diagnosis (and what does diagnosis even mean, anyway?) • the best outlets for stress (punching a wall is not a great one, but should it happen, there are instructions for a patch job) • how to deal with friends (especially one the ones with 'pity eyes') • whether to tell the teachers and guidance counselors and what they should know (how not to get embarrassed in class) • what happens in a therapy session and how to find a support group if you want one A special section for parents also gives tips on strategies for sharing the news, making sure your child doesn't become the parent, what to do if the outlook is grim, and tips for how to live life after cancer. *My Parent Has Cancer and It Really Sucks* allows teens to see that they are not alone. That no matter how rough things get, they will get through this difficult time. That everything they're feeling is ok. Essays from Gilda Radner's "Gilda's Club" annual contest are an especially poignant and moving testimony of how other teens dealt with their family's situation. **PRAISE FOR MY PARENT HAS CANCER AND IT REALLY SUCKS** "Wisely crafted into a wonderfully warm, engaging and informative book that reads like a chat with a group of friends with helpful advice from the experts." Paula K. Rauch MD, Director of the Marjorie E. Korff Parenting At a Challenging Time Program "A must read for parents, kids, teachers and medical staff who know anyone with cancer. You will learn something on every page." Anna Gottlieb, MPA, Founder and CEO Gilda's Club Seattle "This book is a 'must have' for oncologists, cancer treatment centers and families with teenagers." Kathleen McCue, MA, LSW, CCLS, Director of the Children's Program at The Gathering Place, Cleveland, OH "My Parent Has Cancer and It Really Sucks provides a much-needed toolkit for teens coping with a parent's cancer. In this honest and heart-felt guide, Marc Silver and his daughter, Maya, present direct, no-nonsense and helpful advice." Jane Saccaro, CEO of Camp Kesem, a camp for children who have a parent with cancer "Marc and Maya Silver have skillfully blended the voices of teens, parents and experts...This book is knowing, pragmatic, and attuned to the challenges of growing into one's self while having to attend to a parent's needs." Barry J. Jacobs, Psy.D., clinical psychologist and author

of The Emotional Survival Guide for Caregivers "A valuable resource for teenagers and their families." Seth Berkowitz, LCSW, CCLS, Patient Services Manager, Southern Florida Chapter of The Leukemia & Lymphoma Society

## Book Information

Lexile Measure: 850L (What's this?)

Paperback: 272 pages

Publisher: Sourcebooks Fire (March 5, 2013)

Language: English

ISBN-10: 140227307X

ISBN-13: 978-1402273070

Product Dimensions: 0.8 x 5.5 x 8.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #92,338 in Books (See Top 100 in Books) #4 in [Books > Teens > Personal Health > Diseases, Illnesses & Injuries](#) #19 in [Books > Teens > Social Issues > Family](#) #95 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

My daughter is 14 years old, and my husband was diagnosed last June (2012) with stage III colon cancer. She's handling it very well, we are open and honest with her, share updates with her, etc. The fight has increased her faith and she is staying strong. All that said, I knew there might be things she didn't think or know to ask, or worries she wouldn't express. I was looking for a book or resource for teens that would possibly help. When I saw this book up for pre-order I realized it hit that on the head, at least per the description, and went ahead and pre-ordered. It arrived last week and my daughter has it in hand every time I look. She isn't reading it like a teen novel, but she is reading it, which is half the battle. I've made it clear she doesn't have to share anything she reads in there unless she wants to, and she hasn't, but I figure if she's still turning pages it's a winner. I read the first 20 pages when it arrived and was impressed by the vernacular and the approach. It is definitely written for the teen audience, and has great information in just the first 20 pages I saw. In those few pages I read it talked about their reactions to the news, how to handle their reaction, who to maybe talk to, etc. So awesome, wish this book was around back in June, but glad she has it

now.

Being a cancer patient I wish this book had been around when my daughter was younger. I recently got it for her (she is 18 now) and she told me it really helped her understand a few things. Made her realize there was no right or wrong way to look at how she felt about my cancer and validated all of her feeling. I really think it is a wonderful book for any older child of a cancer patient.

This is such a helpful book for any family dealing with cancer. The advice is thoughtful, practical, and very straightforward. As a teenager, I wish I had such a useful manual when my mother was diagnosed with cancer. I also wish my own daughter had this book when I was diagnosed with cancer 10 years ago. And as a cancer healthcare provider, I recommend this book to all of my patients who have preteens, teenagers, or young adults. The Silver's did a phenomenal job offering advice and guidance through what can be a very challenging experience for the entire family. I recommend both parents and teens read this book.

Pleased how it touched on many aspects of cancer written from a teens perspective - very relatable. Think its a nice tool for kids to add to their support chain and for parents to get a "clue" what might be going through their kids minds.

Even one tip to help you get through one day is worth the read! Cancer sucks but the ones left behind do have to go on!

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