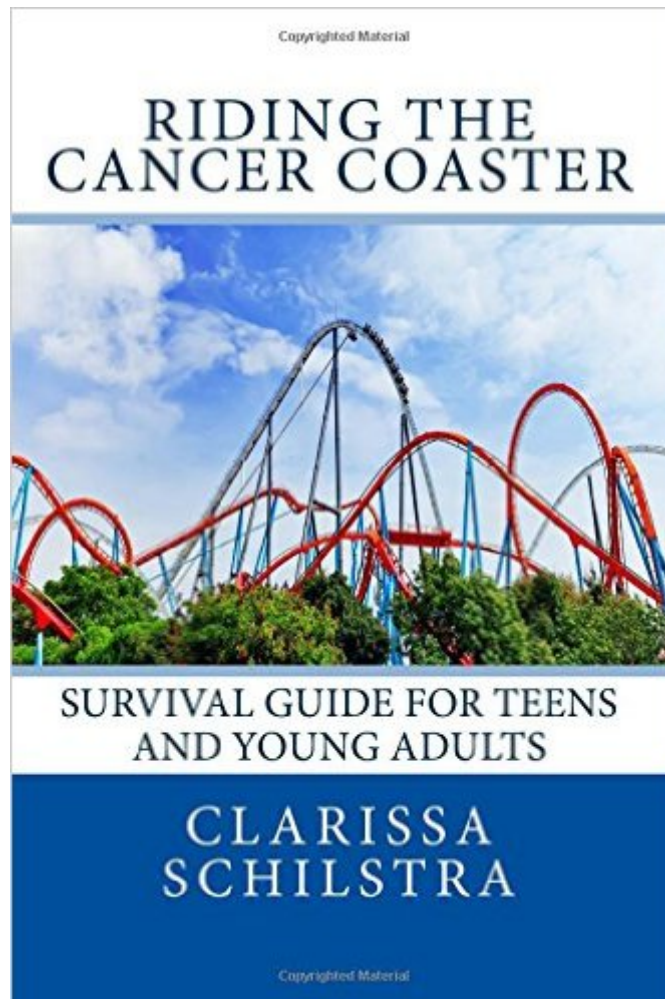


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# Riding The Cancer Coaster: Survival Guide For Teens And Young Adults



## Synopsis

A diagnosis of cancer is devastating at any age. For teenagers and young adults, it presents a unique challenge both socially and emotionally. You strive for independence, but cancer leaves you completely dependent on those around you. At an age when you want nothing but to be with your peers, isolation resulting from a compromised immune system leaves you starving for social contact. When you should be able to start setting goals for the future, you are confronted with the possibility of having no future at all. This all makes staying positive very difficult. Through her own experiences as a two-time cancer survivor, and previous teen cancer patient who faced a forty percent chance of survival, Clarissa Schilstra has learned a great deal about all of these challenges and how to cope with them. In the pages of this book, she shares those stories and strategies, in an effort to provide a guide through the emotional roller coaster that is cancer treatment and life as a cancer survivor. A foreword by Lori Wiener, PhD, DCSW, FAPOS is included.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #587,273 in Books (See Top 100 in Books) #28 in [Books > Teens > Personal Health > Diseases, Illnesses & Injuries](#) #67623 in [Books > Health, Fitness & Dieting](#)

## Customer Reviews

Insight, inspiring, but so real. A great resource and phenomenal book.

There tends to be a lack of helpful resources dedicated to teens who discover they have cancer. The author has a unique perspective having lived through leukemia as a young child and then again as a teenager. Her words will help young patients through the initial shock as well as the long term treatment process. Very encouraging and informative for teens and young adults and their families.

This is a phenomenal book. Clarissa tells her story in a very real and frank way, while remaining

relatable to the reader. I have the privilege of knowing her personally, and because of that was really aware of the honesty from her in this book. I can very clearly hear her voice throughout the pages -- she writes as herself, without a front or "brave face." I would definitely recommend this to anyone dealing with a difficult time or loss, even if it is not directly related to cancer. I look forward to continuing to watch Clarissa work to help those with a similar journey to her own.

The book was very well written, a good read.

What an amazing resource for teens and young adults. Schilstra's informed and very personal viewpoint makes this a must-read.

Clarissa Schilstra offers meaningful advice and heartfelt encouragement to young adults and teens who are battling cancer. Inspiring and insightful!

Clarissa is one of the most inspiring people I know with a unique gift for compassion and advocacy. She has the personal experience to back up her words and connect with any young reader who is going through, or has gone through cancer treatment.

A book I would recommend in a heartbeat

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