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From This Moment On: A Guide for Those Recently Diagnosed with Cancer

Arlene Cotter

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So, it's official. You've been diagnosed with cancer. And from this moment on your life will never be the same. No matter how much others may wish to help, you alone must initiate the journey. This is the first step.

From This Moment On offers its hand to anyone dealing with cancer.

Following a positive cancer diagnosis,you may feel overwhelmed and uncertain about the future. From This Moment On walks you through the stages of illness, treatment, and recovery. It shows you how to accept and move through your anxiety or pain; to gain a sense of control; to find people who can help; and, most important, to decide how you want to live the rest of your life.
Open the book to any page and find something of value. Soak up its wisdom in an hour. Or return to it again and again for encouragement and solace.

From This Moment On will prove a calm and forthright companion on one of life's most challenging journeys. Cancer is an ordeal, but it is also an opportunity. Exactly what kind of opportunity will be up to you.

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