



American Brain Tumor Association

## BIBLIOGRAPHY

### TO OBTAIN THESE BOOKS

- Books available at Barnes and Noble's web site are denoted with *BN.com*. If you choose not to order online, you can call Barnes and Noble at 800-843-2665 (201-272-3651) and still receive the BN discounted pricing.
- Some of the books were published by brain tumor patients and their families, or by organizations. Contact information is included in those listings.
- These books are *not* available from ABTA. We provide this list as a service; inclusion in this listing does not constitute an endorsement or recommendation of the book.
- If you are aware of a helpful resource not listed here, please write to us: [socialwork@abta.org](mailto:socialwork@abta.org) or ABTA, 2720 River Road, Des Plaines, IL 60018.

### SUPPORT TOPICS

***Beautiful Again. Restoring Your Image & Enhancing Body Changes.*** Jan Willis. Introduction by Sharon Coulter, MN, MBA, RN. Practical suggestions for feeling better by looking your best. Especially helpful for those living with cancer, taking steroids, using a wheelchair, or facing weight changes. Health Press, Sante Fe, New Mexico. 1994. (paper). *BN.com*.

***Cancer Sourcebook.*** Edited by Karen Bellenir. This encyclopedic approach to understandable cancer information makes an excellent resource for a patient or public library. Although most of the text focuses on the major types of cancer and their treatment, chapters on brain tumors and brain metastases are included. Although many of the references are free online at various healthcare web sites, the book does a nice job of pulling the topics together for those without or not inclined toward Internet research. Also publish ***Cancer Survivorship Sourcebook*** and ***Cancer Sourcebook for Women***. Omnigraphics, Inc., Detroit, MI. 2007. *BN.com*.

***Can Survive: Reclaiming Your Life After Cancer.*** Susan Nessum and Judith Ellis. A comprehensive book focused on life after cancer treatment. Addresses survivor issues such as the emotional aftermath of having cancer, dealing with the fear of recurrence, relationships with family and friends, returning to work, health insurance, and the long-term effects of treatment on sexuality and fertility. Also includes information on acceptance and advocacy. Houghton Mifflin, New York, NY. 2000. *BN.com*.

***A Cancer Survivor's Almanac: Charting Your Journey.*** Barbara Hoffman, JD. Introduction by Fitzhugh Mullan, MD. Written by the National Coalition for Cancer Survivorship, this book is designed to provide strategies and support for cancer survivors and their families. It addresses working with your doctor and healthcare setting, understanding unconventional medicine, life after the crisis, information about insurance and employment, and resources for handling the financial aspects of treatment. Chronimed Publishing, Minneapolis, MN. 1996. (paper). *BN.com*

***Chicken Soup for the Unsinkable Soul.*** Jack Canfield, Mark Victor Hansen, and Heather McNamara. A collection of inspirational stories served up to offer encouragement and to renew strength. Chapters include "The Power of Support" and "On Courage and Determination." Health Communications, Inc., Deerfield Beach, FL. 1999. (paper). *BN.com*.

***Coping Magazine: Living with Cancer.*** Media America, Inc. A bi-monthly publication offering helpful suggestions for patients and families living with cancer. For subscription information contact: Media America, 377 Riverside Dr, Franklin, TN 37064, [www.copingmag.com](http://www.copingmag.com); 615-790-2400. (magazine).

***Cure Magazine: Cancer Updates, Research & Education.*** Cure Media Group, LP. A quarterly magazine that combines the science and humanity of cancer for those who have to deal with it on a daily basis. CURE provides scientific information in easy-to-understand language with equally understandable illustrations. Subscriptions are free to patients and caregivers. For more information contact: [www.curetoday.com](http://www.curetoday.com) or 800-210-2873. (magazine).

***Diagnosis: Cancer Your Guide to the First Months of Healthy Survivorship.*** Wendy Schlessel Harpham, M.D. This book, written by a physician and a cancer survivor, offers the tools you need to make the right decisions and get good care from diagnosis through treatment. Of particular value is the glossary of medical terms and abbreviations, as well as the bibliography, and resource list. Written in clear concise sections that allows the patient to read only as little or much as they need at a time. W. W. Norton and Company, New York, NY. 2003. (paper). *BN.com*.

***Facing the Mirror with Cancer: A guide to using makeup to make a difference.*** Lori Ovitz with Joanne Kabak. This book, written by a sought after makeup artist, is a beautifully photographed, user friendly guide that offers step-by-step tips and techniques for dealing with appearance issues during cancer treatment and beyond. Written in sections that allows the patient to learn one aspect at a time. Belle Press, Chicago, IL. 2004. (paper). *BN.com*.

***Fight Your Health Insurer and Win: Secrets of the Insurance Warrior.*** Laurie Todd. Written from the perspective of a patient who was diagnosed with a rare form of cancer, this book will motivate and inspire you to advocate for yourself or loved one. The author provides a number of tips on how to navigate the insurance and health care industry, how to communicate your medical needs and how to file for Social Security Disability. This book provides direction, encouragement and tangible tools which will empower you to get your needs met. For more information contact: [www.theinsurancewarrior.com](http://www.theinsurancewarrior.com) or Healthwise Publications, Kirkland, WA. 2007.

***The Human Side of Cancer.*** Jimmie C. Holland, MD and Sheldon Lewis. A comprehensive resource, focusing on the psychological or “human effects” of cancer. It includes discussion of the myths and beliefs about cancer, programs and methods that offer psychological and social support, the mind body connection, the doctor patient relationship, and effective methods for coping and dealing with the emotional issues surrounding cancer for both patients and family members. Harper Collins, New York, NY. 2001. *BN.com*.

***I Didn't Know What to Do.*** Sara Sabalka. Touching, inspirational stories are gathered to provide simple ideas of how to support a cancer patient. What-2-Do Publishing, Littleton, CO. 2001. (paper). *BN.com*.

***If I Get To Five.*** Fred Epstein, MD, and Joshua Horwitz. Throughout his career as a pioneering pediatric neurosurgeon, Dr. Epstein's young patients have been his most important teachers and trusted guides. In this inspiring book, Dr. Epstein's patients teach us the lessons in order to live life to the fullest – lessons about seizing the moment and facing our deepest fears and most of all teaching lessons about uncommon courage. Henry Holt and Company, Inc., New York, NY. 2004. (paper). *BN.com*

***Journey Beyond Diagnosis: Support During, and After Illness for Survivors and Those Who Love and Care for Them.*** Greg Pacini, MS, LPC, CGP, CHTP. The reader is taken through the journey of illness by identifying thoughts and emotions that are experienced along the way. The author provides suggestions for hands-on exercises and tools to help work through emotions such as depression, anger and anxiety. This is an insightful and helpful book for survivors, caregivers and health care professionals. Reedy Press, St. Louis, MO. 2005. (paper). *BN.com*

***Making Informed Medical Decisions: Where to Look and How to Use What You Find.***

Nancy Oster, Lucy Thomas and Darol Joseff, MD. A comprehensive resource book on how to gain, evaluate and efficiently utilize medical information. The authors advocate a doctor-patient partnership model that encourages patients to be fully informed and active participants in their own health care decisions. Guides the reader in accessing information from a wide variety of sources, ranging from libraries, to medical research centers and the Internet. Though this book contains a wealth of detailed “how-to” suggestions about navigating the health care system, it may be overwhelming for those without the time or inclination to do so. O’Reilly & Associates, Inc., Sebastopol, CA. 2000. (paper). *BN.com*.

***Port in the Storm.*** Cole Giller, MD, PhD. The book title effectively describes the theme of this important book, but it is so much more. In addition to fact-gathering and amassing possible options, Dr. Giller guides the reader through the complex art form of making medical decisions by putting all factors into the equation. It’s an easy read filled with wisdom and understanding. Regnery Publishing Company, Washington, DC. 2003. (paper). *BN.com*.

***The Nursing Home Handbook: A Guide to Living Well.*** Ruth Davis, MSW, LNHA. This comprehensive resource contains useful information on how to decide if nursing home care is needed, guidelines for selecting a nursing home, care standards, family issues, patient rights, fees and payment options, including Medicaid and Medicare eligibility. Adams Media Corporation, Holbrook, MA. 2000. (paper).

***Stronger than Cancer: Treasured Insights from the Hearts and Homes of Families Fighting Cancer.*** Connie Payton. This book written by the wife of the late Walter Payton, offers page after page of short stories submitted by patients and caregivers. Each entry allows them to share their courage, wisdom and advice. Atop every page, Connie offers an inspirational quote to help you get through the day. Compendium, Inc., Lynwood, WA. 2002. (hardcover). *BN.com*.

***Women Helping Others.*** WHO Foundation. This new book helps women undergoing or recovering from cancer treatment. It is a unique, interactive resource tool designed to enlighten, encourage and empower women along their journey to recovery. Single copies free from: The WHO (*Women Helping Others*) Foundation, Dallas, TX. [www.whofoundation.org](http://www.whofoundation.org); 1-800-946-4663. Quantity pricing available.

***Working with Your Doctor: Getting the Healthcare You Deserve.*** Nancy Keene. This book provides guidance to the patient and family so they may confidently and effectively educate themselves when seeking out the best medical help. Assists in learning to form a working relationship with your health care provider. O’Reilly & Associates, Inc. Sebastopol, CA. 1998. (paper). *BN.com*.

## CAREGIVERS

***American Medical Association Guide to Home Caregiving.*** Angela Perry, Editor. American Medical Association. Written by experts from the American Medical Association, this comprehensive resource provides information on developing a care plan for your loved one, basic and specialized caregiving skills, choosing a home health provider, paying for home health care, rehabilitation services, nursing homes and end of life issues. Also addresses “care for the caregiver” issues. John Wiley & Sons, Inc., Hoboken, New Jersey. 2001. *BN.com*.

***A Caregivers Story: Coping with a Loved One’s Life Threatening Illness.*** Ann Brandt. The author shares her story about caring for her husband after he was diagnosed with a brain tumor. She offers spiritual as well as practical advice on how to make caregiving more manageable. She includes information on how to get a second opinion, find support groups, locate emotional and financial support services and connects prayer and healing. iUniverse, Lincoln, NE. 2007.

***Caregiving: A Step-By- Step Resource for Caring for the Person with Cancer at Home, Revised Edition.*** Peter S. Houts, PhD, Julia A. Bucher, RN, PhD. A practical guide offering guidance on the issues and situations that caregivers deal with on a day-to-day basis. Offers information on cancer treatments and their side effects and advice on facing the practical as well as the emotional challenges of caregiving. Provides a resource guide and information on how to obtain help from community agencies and volunteer groups. American Cancer Society, Atlanta, GA. 2003. Can be ordered directly from the American Cancer Society at 800-227-2345. *BN.com*.

***Caregiving: The Spiritual Journey of Love, Loss, and Renewal.*** Beth Witrogen McLeod. A personal reflection on the joys and trials of caregiving. The author interweaves her story with the stories of other caregivers, drawing on the wisdom of many faith traditions. Emphasizes the emotional, spiritual and psychological aspects of caregiving. Contains support strategies and a useful guide for resources. John Wiley & Sons, Inc., Hoboken, NJ. 1999. *BN.com*.

***The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers, 2<sup>nd</sup> Edition.*** Maria M. Meyer, Paula Derr, RN. Offers suggestions to help families decide what level of home care is needed or possible, along with practical tips on managing personal care and everyday activities, avoiding infections and illnesses, and making your home safe for the ill family member. Provides information on supportive housing and other care options. CareTrust Publications, LLC, Portland, OR. 2002. Available in English and Spanish. *BN.com*.

***The Complete Bedside Companion: No Nonsense Advice to Caring for the Seriously Ill.*** Rodger McFarlane and Philip Bashe. A comprehensive resource offering practical wisdom and hands-on guidance on all aspects of caring. Topics include working with the hospital and medical team; dealing with financial and insurance issues, managing the emotional aspects of caregiving, the basics of daily caregiving, finding support, care for the caregiver and end of life issues. Offers step-by-step instructions on bathing, wound and skin care, toileting, lifting, grooming, dressing, managing pain and administering medications. Sections on specific medical conditions such as cancer, stroke, brain injury and neurological disorders. Simon & Schuster, New York, NY. 1998.

***Daily Comforts for Caregivers.*** Pat Samples. Written for caregivers, this book offers daily meditations on topics related to caregiving. Each meditation ends with a helpful affirmation. Also includes a helpful topic index. Fairview Press, Minneapolis, MN. 1999. *BN.com*.

***Family Caregivers Guide: A Comprehensive Handbook for Caring for Your Loved One at Home.*** Shelly Schonhoff, RN-C and Joanna Speaker, RN-C. Written by registered nurses who are certified in gerontology and with backgrounds in home health, this book provides information on home safety, personal hygiene, eating and nutrition, incontinence and elimination problems, mobility, caregiving skills and comfort measures, communication, sleep disturbances, and the emotional, psychological and spiritual aspects of caregiving. Also contains information on first aid, handling emergencies and legal, ethical and financial issues. Simon & Kolz Publishing, Dubuque, IA. 1998.

***Family Caregiver Speaks Up: "It Doesn't Have to be This Hard"***. Suzanne Mintz. A practical guide that focuses on the day-to-day needs and wellbeing for the caregiver. Written by the president and co-founder of the National Family Caregivers Association. To order call 703-661-1571 or [www.nfcacares.org](http://www.nfcacares.org). Capital Books, Inc., Sterling, VA. 2007. *BN.com*.

***The Fearless Caregiver.*** Gary Barg, Ed. A practical guide to caregiving edited by the publisher and editor of "Today's Caregiver" magazine. Addresses topics such as communicating with physicians, respite, long term care options, developing a care plan, disability and rehabilitation terminology, wills and power of attorney issues and making the home safe. Also contains inspiring personal stories, help with caregiver emotions and caring for self. Capital Books, Inc., Sterling, VA. 2003.

***Home Care for Seriously Ill Children: A Manual for Parents.*** Stacy Orloff, LCSW and Susan Huff, RN, MSN (Eds.). Offers concrete advice on topics ranging from medications and pain control, controlling medical problems, attending to general care, such as nutrition, mouth, skin and eye care, daily activities, medical equipment and supplies, emotional concerns, finding support and end of life issues. Children's Hospice International, Alexandria, VA. 2006. Call 800-242-4453 or visit their web site: [www.chionline.org](http://www.chionline.org) to order and for price information.

***The Magic of Humor in Caregiving.*** James R. Sherman, PhD. Explores the healing benefits of laughter to aid in coping with the stresses of caregiving. Pathway Books, Gilsum, NH. 1995.

***Quick Tips for Caregivers.*** Marion Karpinski, RN. Provides instructions for basic caregiving, including caregiving procedures, medications, wheelchair use, nutrition and infection control. Also covers stress reduction and obtaining outside support. Healing Arts Communication, Milford, OR. 2000. *BN.com*.

***Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill, Revised and Updated Edition.*** Cappy Capossela and Sheila Warnock. Offers step-by-step instruction on how to form a “share the care” group, a support system that brings in friends and family members to perform tasks, run errands and provide support and companionship for the one who is ill. Simon & Schuster, New York, NY. 2004. *BN.com*.

***When Life Becomes Precious: A Guide for Loved Ones and Friends of Cancer Patients.*** Elise Needell Babcock. A helpful handbook that provides step-by-step guidelines for friends and family members to help them be supportive to the patient. Covers topics such as avoiding caregiver burnout, managing fear and anger, how to handle holidays, as well as explaining the disease to children. Bantam Books, New York, NY. 1997. *BN.com*.

#### WRITTEN BY AND ABOUT BRAIN TUMOR PATIENTS

***100 Questions & Answers About Brain Tumors.*** Virginia Stark-Vance, MD and M.L. Dubay. Patients, caregivers, and families all can learn from the answers and commentaries found in this book. Ms. Dubay provides clarity that only a patient would know how to address and Dr. Stark-Vance responds to the questions with candor and sound medical expertise. Jones and Bartlett Publishers, Sudbury, MA. 2003. (paper). *BN.com*.

***Between the Tumor and the Tomb.*** Kim Manning Nguyen. Kim shares her emotional and religious account of the highs and lows of dealing with the diagnosis of a primary brain tumor. Her story is in journal format, peppered with biblical quotes, allowing the reader to follow along with her journey. Christian Services Network, El Cajon, CA. 2007. (paper).

***Brain Tumors: Finding The Ark.*** Paul M. Zeltzer, MD. This brain tumor book is the second contribution by Dr. Zeltzer. It incorporates a wide variety of brain tumor information, offering it in small doses. Topics range from treatment choices to side effects and meeting the challenges of healthcare costs. Tips are generally given in the form of vignettes provided by actual brain tumor patients or family members. Shilysca Press, Encino, CA. 2006. (paper).

***Brain Tumors: Leaving the Garden of Eden.*** Paul M. Zeltzer, MD. This book is an extension of Dr. Zeltzer's compassionate guidance while treating his brain tumor patients. Since he cannot directly participate in your care, this book serves as his surrogate. You can take comfort in having Dr. Zeltzer with you during your brain tumor journey. Shilysca Press, Encino, CA. 2004. (paper).

***The Cancer Survivor's Guide: The Essential Handbook to Life after Cancer.*** Michael Feuerstein, PhD, MPH and Patricia Findley, Dr.PH, MSW. This informative and empowering handbook, co-authored by a brain tumor survivor, provides survivors with a number of tools & strategies which will help to improve coping techniques, communication skills and problem-solving. Marlowe & Company, New York, NY. 2006.

***Damn The Statistics, I Have a Life to Live! Coping with a Brain Tumor My Personal Story.*** H. Charles Wolf. A personal account of the author's first year after being diagnosed with a glioblastoma. Stories include surgery, craniotomy, treatment as well as his struggles with having to relearn to talk and read. 1stBooks Library, Bloomington, IN. 2003. (paper). *BN.com*.

***Living Time: Faith and Facts to Transform Your Cancer Journey.*** Bernadine Healy, MD. Imagine you were both a former head of the National Cancer Institute and the American Red Cross, and you were told you had a brain tumor. Would your journey differ from anyone else's? In her recently released book, Bernadine Healy, MD shares her personal experience in the world of brain tumors. "Living Time: Faith and Facts to Transform Your Cancer Journey," conveys Dr. Healy's experience of hearing the words "brain tumor" (an oligodendroglioma), the challenges of treatment, and her road to survivorship. The story is eloquently written and very readable. Bantam Publishers, New York, NY. 2007. *BN.com*.

***Living With a Brain Tumor.*** Peter Black, MD, Ph.D., F.A.C.S. with Sharon Cloud Hogan. Dr. Black, a Harvard neurosurgery professor who has cared for thousands of people with brain tumors, explains brain tumor diagnosis, treatment and support in a reassuring and easy-to-understand way. This comprehensive book also covers the parts of the brain, types of tumors, raising a child with a brain tumor diagnosis, a variety of treatments for tumors and associated conditions, supportive care, and recovery. Henry Holt and Co., New York, NY. 2006. *BN.com*.

***Magic and Loss.*** Greg Raver-Lampman. Through letters to his young daughter, the author faces his disease - and rediscovers life. Hampton Roads Publishing Company, Inc., Norfolk, VA. 1995. *BN.com*.

***Plant a Geranium in Your Cranium.*** Barbara Johnson. This book is the inspiring yet funny story of Barbara's journey through a year of illness, frustration and abundant humor. Diagnosed with a brain tumor she copes with her diagnosis by chronicling her own experiences in this light-hearted book and sprinkles it with cartoons and biblical references. W Publishing Group, Nashville, TN. 2002. (paper). *BN.com*.

***Your Body Believes Every Word You Say: The Language of the Body/Mind Connection.***

Barbara Hoberman with a section on Dreams and Drawings by Bernie S. Siegel, MD. Barbara, who was diagnosed with an inoperable tumor in the 1970's, shows how our "seed thoughts" and speech patterns can set us up for a healthy, happy life. WordsWork Press, Fairfield, CT. 2000. (paper). *BN.com*.

## TREATMENT AND SIDE EFFECTS

***Autologous Stem Cell Transplants: A Handbook for Patients.*** Susan K. Stewart. The steps taken for autologous transportation (using the patient's own stem cells or marrow) are discussed. Interspersed with the medical steps are quotes from patients and family members regarding their experiences. Included is information on nutrition, caregiving, insurance, and a guide to drugs and blood tests. Published by BMT InfoNet, Highland Park, IL. 2000. (paper). *BN.com*.

***The Chemotherapy & Radiation Therapy Survival Guide: Information, Suggestions, and Support to Help You Get Through Treatment.*** Judith McKay, RN, OCN and Nancee Hirano, RN, MS, AOCN. Answers the many questions that accompany chemotherapy and radiation therapy and offers guidance on how to help yourself while undergoing treatment. Topics include descriptions of the chemotherapy and radiation therapy process, blood tests, IV's, bone marrow and stem-cell transplant. Many chapters on coping including nausea, digestive problems, hair loss, fatigue, sexuality and fertility. New Harbinger Publications, Inc. Oakland, CA. 1998. (paper).

***Managing the Side Effects of Chemotherapy and Radiation.*** Marilyn J. Dodd, RN, PhD. Well known in the cancer nursing community, the author of this handbook takes material generally intended for nursing professionals and translates it into patient and family-friendly language. The book features brief, concise, useable information on over 75 chemotherapy drugs including carboplatin, cisplatin, dexamethasone, lomustine, prednisone and procarbazine. Several chapters follow with tips for managing common side effects of both chemotherapy and radiation therapy. The book makes a good addition to a support group library. UCSF Nursing Press, San Francisco, CA. 2001. (paper). *BN.com*.

***Survivors' Guide for Bone Marrow/Stem Cell Transplants.*** Keren Stronach. A handbook for those contemplating a bone marrow transplant of any type, or those who have undergone the procedure and wish to learn more. Published by BMT InfoNet, Highland Park, IL. 2002. [www.nbmlink.org](http://www.nbmlink.org) ; 800-546-5268. (paper).

***Resource Guide for Stem Cell Transplant, Friends Helping Friends.*** Kristen Jones, editor. A resource book for patients and family members. Includes information about bone marrow transplants, what to expect and hints for fundraising. National Bone Marrow Transplant Link, Southfield, MI. 2006. For ordering information contact: National Bone Marrow Transplant Link, [www.nbmlink.org](http://www.nbmlink.org); 800-546-5268. (paper).

## NUTRITION AND COOKBOOKS

***The American Cancer Society's Healthy Eating Cookbook: A Celebration of Food, Friends and Health Living.*** American Cancer Society, Ed. This new edition offers more than 50 recipes for those searching for simple delicious recipes while eating healthy. Recipes follow the food pyramid and are low in fat, high in nutrition and inventive. Celebrities such as Hank Aaron, Ted Danson and Johanna Kerns contributed some of their favorite recipes to this edition. The American Cancer Society, Atlanta, GA. 2005. *BN.com*.

***The Cancer Lifeline Cookbook.*** Kimberly Mathai, MS, RD, with Ginny Smith. A cookbook, published by the not for profit organization, Cancer Lifeline, offering basic nutritional information for healthy eating. It contains 100 recipes for cancer patients and others interested in developing healthier eating patterns. Some recipes are for those dealing with cancer treatment side effects. Includes recipes for breakfast, salads and appetizers, soups vegetables and side dishes, entrees and desserts. Those who like veggie dishes will find many here from which to choose. The nutritional content of each dish is listed. Quotes for caregivers and patients, as well as cooking and food tips are interspersed throughout the recipe section. Sasquatch Books, Seattle, WA. 2004. (paper). *BN.com*.

***The Cancer Recovery Eating Plan: The Right Foods to Help Fuel Your Recovery.*** Daniel Nixon. Easy healthful recipes for cancer survivors wishing to "maximize their recovery." The recipes incorporate familiar food items readily available in your kitchen or grocery. Times Book/Random House, New York, NY. 1996. *BN.com*.

***The Cancer Survival Cookbook.*** Donna Weihofen, RD, MS with Christing Marino, MD, MPH. Written by a nutritionist at the University of Wisconsin Hospital and a physician who is a cancer survivor. The Eating Hints section of this cookbook alone is worth the purchase price. There are fruit and vegetable recipes high in phytochemicals, high calorie/high-carbohydrate recipes to help your body retain protein, low-fat/high protein snacks for those watching their weight and recipes for soft, moist meals. It also includes the only neutropenic (low white cell count) precautions diet we've seen in a popular press cookbook. Makes a healthful gift for both patient and caregiver. Wiley and Son, Inc., New York, NY. 1998. (paper). *BN.com*.

***Eating Well Through Cancer: Easy Recipes and Recommendations During and After Treatment.*** Holly Clegg with Gerald Miletello, MD. This cookbook offers a collection of 200 recipes designed to help cancer patients better tolerate treatment and maintain a healthy lifestyle after treatment. They were chosen for their taste, simplicity and quick prep time. It also includes information regarding meal exchanges, menu planning and high caloric substitutions. Wimmer Companies, Memphis, TN. 2001. *BN.com*.

***Healthy 1-2-3: The Ultimate Three Ingredient Cookbook.*** Rozanne Gold. This cookbook offers more than 260 simple and healthful recipes each requiring only three ingredients. Also, offers menu suggestions to help simplify meal preparation. Stewart, Tabori and Chang, New York, NY. 2001. *BN.com*.

***One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends.*** Rebecca Katz. In this comprehensive cookbook, the author shares more than 85 delicious, immune-boosting recipes for people living with cancer, survivors and their friends. She also offers down-to-earth information and helpful advice for those dealing with the ups and downs associated with treatment. Celestial Arts, Berkley, CA. 2004. *BN.com*.

## REHABILITATION

***Living with Brain Injury: A Guide for Families.*** Richard Senelick, MD and Karla Dougherty. The medical aspects of a brain injury are clearly discussed as well as rehabilitation and the possible future treatments of a brain injury. Focus is on how physicians and families can work together long term to get good results. Interspersed throughout the book are interesting facts and anecdotes on the brain and brain injury patients. HealthSouth Press, Birmingham, AL. 2001. (paper). *BN.com*.

## COMPLEMENTARY, ALTERNATIVE AND INTEGRATIVE THERAPIES

***American Holistic Health Association Complete Guide to Alternative Medicine.*** William Collinge. Offers principles of the treatments, variations, and techniques, how to choose a practitioner including licensing, certifications and training information, costs, and how to evaluate results. Warner Books, New York, NY. 2004. *BN.com*.

***Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer.*** Michael Lerner. A compendium of information about alternative methods of treating disease. The MIT Press, Cambridge, MA. 2004. *BN.com*.

***Comprehensive Cancer Care: Integrating Alternative, Complementary and Conventional Therapies.*** James Gorgon, MD and Sharon Curtin. This book offers a good overview of the many alternative and complementary treatments available, without discounting the accepted pharmaceutical approaches. Many clinical researchers and practitioners bring their most recent studies and results to this book. Percus Publishing, New York, NY. 2000.

***The Green Pharmacy.*** James A. Duke. Focuses on herbal remedies, includes explanations of their bio-chemical functions and uses. St. Martin's Press, New York, NY. 1997. *BN.com*.

***Reinventing Medicine: Beyond Mind-Body to a New Era of Healing.*** Larry Dossey, MD. Topics relating to the “non-local” mind, such as dreams, prayer, and intuition are discussed and referenced as they relate to the medical science. HarperCollins Publishers, New York, NY. 2000. (paper). *BN.com*.

***Spontaneous Healing. How to Discover and Enhance Your Body’s Natural Ability to Maintain and Heal Itself.*** Andrew Weil. Advocates the use of complementary and alternative therapies without abandoning conventional therapy, and focuses on the ability of the mind to assist in healing the body. Random House, New York, NY. 2000. *BN.com*.

FOR PARENTS, TEACHERS AND HEALTHCARE  
PROFESSIONALS (SEE ALSO SUPPORT TOPICS)

***An Angel’s Kiss Embracing the Spirit of a Child Born with Cancer.*** Buffy Krajewski. A young mother depicts her personal story through pregnancy, delivery, diagnosis and treatment of her child born with an adrenocortical carcinoma. She openly and honestly shares her thoughts and emotions of guilt, fear and depression as well as love, devotion and persistence. She also shares the emotional and financial struggles of her family as well as the difficult experiences within the healthcare and education systems. Lulu.com, 2007. *BN.com*

***Can I Still Kiss You? Answering Your Children’s Questions About Cancer.*** Neil Russell. Tells the story of a father with two sons ages 11 and 13. Chronicles the life changing impact on the father and his family. Offers a section that is an interactive journal to facilitate conversations between parents and their children. Contains a chapter by chapter series of questions and answers addressing diagnosis, symptoms and treatment that is understandable to children. Health Communications, Inc., Deerfield Beach, FL. 2001. *BN.com*.

***Cancer in the Family: Helping Children Cope with a Parent’s Illness.*** Sue Heiney, Joan Hermann, Katherine Bruss and Joy Fincannon. A practical guide for helping children cope when a parent is ill. The authors bring expertise from the fields of psychology, social work and nursing to provide information on children’s developmental stages from infancy through teenage years. They offer suggestions for helping children cope and understand cancer throughout all stages. Includes help for addressing the needs of single-parent households, non-traditional families and households with special problems. This useful resource guide includes a removable workbook section for kids. American Cancer Society, Atlanta, GA. 2001. (paper). *BN.com*.

***Childhood Brain and Spinal Cord Tumors: A Guide for Families, Friends and Caregivers.*** Tania Shiminski-Maher, Patsy McGuire Cullen, and Maria Sansalone. This book is a complete parent guide that offers both medical and practical advice on caring for a child with a brain tumor. Not only does this advice come from medical professionals but also from parents who have been there themselves. Includes a thorough resource listing to assist families in locating the help they need. O’Reilly and Associates Publishing, Sebastopol, CA. 2001. *BN.com*.

***Childhood Cancer - A Parent's Guide to Solid Tumor Cancers.*** Honna Janes-Hodder and Nancy Keene. The support provided in this book more than makes up for its exclusion of brain tumors information. Written by two parents whose children were diagnosed with cancer, the authors consulted numerous healthcare professionals to compile a "step-by-step guide" to childhood cancer. The text explains the "how and whys" of diagnostic procedures, medical treatments, and follow-up testing. Included are explanations of blood test results and various chemotherapy pumps along with help for maintaining family structure through this time of crisis. O'Reilly & Associates, Inc., Sebastopol, CA. 2002. *BN.com*.

***Childhood Cancer Survivors: A Practical Guide to Your Future.*** Nancy Keene, Wendy Hobbie and Kathy Ruccione. Provides information about late effects, the emotional aspects of surviving cancer, schedules for follow up care, and the choices and challenges that can face a childhood cancer survivor. Stories from over 100 survivors and parents are interspersed through the book. O'Reilly & Associates, Inc., Sebastopol, CA. 2000. *BN.com*.

***Educating the Child with Cancer, A Guide for Parents and Teachers.*** Nancy Keene, Editor. The Candlelighters Childhood Cancer Foundation. A guide for parents and educational professionals. Among other things this booklet addresses peer relationships, preparing a child for college, alternatives to college and caring for siblings during diagnosis and treatment. Candlelighters Childhood Cancer Foundation, Kensington, MD. 2003. For ordering information, contact: Candlelighters Childhood Cancer Foundation; 800-366-2223 or [www.candlelighters.org](http://www.candlelighters.org).

***Helping your Children Cope with Your Cancer: A Guide for Parents and Families (2nd Edition).*** Peter van Dernoort (Ed). Contains 28 essays written by professionals, parents and children offering support, encouragement and useful suggestions, including information on children's support groups. W.W. Norton and Company, Inc., Long Island City, NY. 2006. (paper). *BN.com*.

***Home Care for Seriously Ill Children: A Manual for Parents.*** Stacy Orloff, LCSW and Susan Huff, RN, MSN, Eds. Offers concrete advice on topics ranging from medications and pain control, controlling medical problems, attending to general care, such as nutrition, mouth, skin and eye care, daily activities, medical equipment and supplies, emotional concerns, finding support and end of life issues. Children's Hospice International, Alexandria, VA. 2006. Call 800-242-4453 or visit their website: [www.chionline.org](http://www.chionline.org) to order and for price information.

***How to Help Children Through a Parent's Serious Illness.*** Kathleen McCue, MA, CCLS with Ron Bonn. Offers step by step advice for all family types to help children cope through a parent's illness. St. Martin's Press, New York, NY. 1996. (paper). *BN.com*.

***Know Before You Go: The Childhood Cancer Journey.*** Sheryl Lozowski-Sullivan, MPH. Offers helpful basics for parents whose children have cancer. Covers the period from diagnosis through treatment. Candlelighters Childhood Cancer Foundation, Kensington, MD. 1998. For ordering information contact: Candlelighters Childhood Cancer Foundation, [www.candlelighters.org](http://www.candlelighters.org); 800-366-2223. (paper).

***Official Parent's Sourcebook on Pituitary Tumors.*** James Parker, Philip Parker, PhD, Editors. This sourcebook for parents provide guidelines on diagnosis, treatments and prognosis of pituitary tumors. Research information and online organizations are included. ICON Health Publications, San Diego, CA. 2005. *BN.com*.

***Raising an Emotionally Healthy Child When a Parent is Ill.*** Paula Rauch, MD and Anna Muriel, MD. Two Harvard psychiatrists offer advice on how to provide for children's emotional security when a parent is seriously ill. McGraw-Hill, Columbus, OH. 2005. *BN.com*.

***When a Parent Has Cancer: A Guide to Caring for Your Children.*** Wendy Schlessel Harpham, MD. Written by a cancer survivor, this book offers advice to help children cope throughout a parent's cancer diagnosis. Includes a book written for children titled, *Becky and the Worry Cup*. Harper Collins Publishers, New York, NY. 2004. *BN.com*.

***Your Child in the Hospital.*** Nancy Keene and Rachel Prentice. A practical guide for parents and children coping with a child's hospitalization. Discusses preparing a child for staying in the hospital, preparing for surgery, pain management, feelings and behavior, and keeping family life going. O'Reilly & Associates, Inc., Sebastopol, CA. 1999. (paper). *BN.com*.

## JUST FOR CHILDREN

***Because Someone I Love Has Cancer: Kid's Activity Book.*** American Cancer Society. A spiral bound book offering creative activities for children ages 6-12 to encourage the expression of feelings and coping skills as they deal with uncertainty and change. Removable Parent Guide. ACS, Atlanta, GA. 2002. *BN.com*.

***The Boy of Steel- A Baseball Dream Come True.*** Ray Negron. A beautifully written and illustrated children's book about a boy, named Michael Steel, who was diagnosed with a brain tumor. His diagnosis of neuroblastoma has him in the hospital wishing to visit Yankee Stadium. His wish is granted and he lives out his fantasy, becoming a bat boy for the team. Although some of the book is based in fact, it is fiction and weaves a magical story filled with hope and the belief that with courage you can do anything. HarperCollins, New York, NY. 2006. (hardcover). *BN.com*.

***The Brain - Our Nervous System.*** Seymour Simon. Easy and understandable reading for children 10 years and older who are interested in brain anatomy. This book describes the various parts of the brain and nervous system and how they enable us to function. The pictures are remarkable. William Morrow & Company, Inc., New York, NY. 2006. (paper). *BN.com*.

***Cancer Information for Teens. Health Tips about Cancer Awareness, Prevention, Diagnosis, and Treatment.*** Wilma R. Caldwell, Ed. Contains a wealth of information about all types of cancer and coping strategies for adolescents with cancer. Written in a language appropriate for teens, and addresses issues such as appearance, diet, friends and emotional concerns. This would make a useful addition to a hospital library or resource center. Some teens may find the medical sections a bit long to wade through on their own. Omnigraphics, Inc., Detroit, MI. 2004. *BN.com*.

***Chemo, Craziness & Comfort.*** Nancy Keene and Trevor Romain. Provides clear explanations and practical advice for children ages 6 to 12. Funny illustrations help the child and the parents make sense of cancer and its treatments. Candlelighters Childhood Cancer Foundation, Kensington, MD. 2002. For ordering information contact: Candlelighters Childhood Cancer Foundation; [www.candlelighters.org](http://www.candlelighters.org); 800-366-2223. (paper).

***Chemo Girl: Saving the World One Treatment at a Time.*** Christina Richmond. Written and illustrated by a twelve year old girl with cancer. An inspiring story depicting Chemo Girl's adventures in saving a little girl from cancer. Jones and Bartlett Publishers, Sudbury, MA. 1996. (paper).

***Chicken Soup for the Teenage Soul.*** Jack Canfield, Mark Hansen, and Kimberly Kirberger. 101 stories of life, love and learning. Health Communications, Deerfield Beach, FL. 1997. (paper). *BN.com*.

***A Friend in Hope.*** Marisa Zammit. A story about a little girl with a brain tumour as told by her best friend Danny. Available in English and French from the Brain Tumour Foundation of Canada, London, Ontario; [www.braintumour.ca](http://www.braintumour.ca); 800-265-5106. (paper).

***Good Luck, Mrs. K!*** Louise Borden. Seen through the eyes of a young school girl, this story tells her thoughts and experiences when her teacher is diagnosed with cancer. Written for children ages 6-10. Simon and Schuster, New York, NY. 2002. *BN.com*.

***The Jester Has Lost His Jingle.*** David Saltzman. (Afterword by Maurice Sendak.) Vibrantly illustrated tale about a Jester who one day awakens to find laughter missing from his kingdom. He and a helper set off to find the missing laughter, and learn it can be the best tonic for seemingly insurmountable obstacles. For both adults and children. The Jester Co., Inc., Palos Verdes Estates, CA. 1995. (hardcover). *BN.com*.

***Kathy's Hats: A Story of Hope.*** Trudy Krisher. An inspiring book for young children faced with hair loss during chemotherapy. May also be used in the classroom. Albert Whitman & Co., Morton Grove, IL. 1992. (hardcover). *BN.com*.

***The Kids in Mrs. Hildebrand's Class.*** Linda Dallman. For ages 9-12. A class of first graders learn that their teacher is diagnosed with cancer. They find ways to support her through her surgery and treatment. During the school year the children learn what helping, humor and hugs can do to help in the healing process. A good book to help jump start a difficult conversation with children. Trafford Publishing, Victoria, Canada. 2006.

***Mira's Month.*** Deborah Weinstein-Stern. This booklet published by BMT InfoNet is the story of Mira, whose mother is hospitalized for a month while undergoing a bone marrow transplant. For ordering information contact: BMT InfoNet, Highland Park, IL; [www.bmtinonet.org](http://www.bmtinonet.org); 888-597-7674. 1994. (booklet).

***My Brain Tumour Adventures: The Story of a Little Boy Coping with a Brain Tumour.*** Sharon Dempsey. Illustrated by Gabbie Collins. A short explanatory picture book intended for 2-7 year olds, who have a brain tumor. Written by a mother in the UK, whose child has a brain tumor, this book is designed to be read by parents to their child to help explain the illness and its treatment. The main character, a young boy, pretends he is going on various adventures as he undergoes surgery, chemotherapy and radiotherapy. Jessica Kingsley Publishers, Inc., Philadelphia, PA. 2002. (paper). *BN.com*.

***My Mommy Has Cancer.*** Carolyn Stearns Parkinson and Elaine Verstraete (Illustrator). Helps young children understand what cancer is. For children ages 4-7. Solace Publishing, Fair Oaks, CA. 1991.

***Our Mom Has Cancer.*** Abigail and Adrienne Ackermann. Very simple book, written by two girls, ages 9 and 11, they tell their thoughts of their mother being diagnosed with cancer and the family's experiences throughout the different treatments. American Cancer Society Health Contents Products, Atlanta, GA. 2002. *BN.com*.

***Sammy's Mommy Has Cancer.*** Sherry Kohlenberg. Written for children, this book helps parents explain their illness to children. As the title suggests, it is a story about a mom who has cancer and her son Sammy. Waterfront Books Network, Burlington, VT. 1994. (paper). *BN.com*.

***Tickles Tabitha's Cancer-Tankerous Mommy.*** Amelia Frahm. For children ages 4-8. Tabitha's mom has cancer and she worries that she is not the same and will no longer play tickle Tabitha with her anymore. This book helps young children understand some of the changes a parent goes through with a cancer diagnosis including mood changes which can be difficult for children to understand. It is a realistic story of a family going through a serious illness without being scary and the illustrations help even the youngest children relate. Winner of the Benjamin Franklin Award. Nutcracker Publishing, Hutchinson, MN. 2001.

***What About Me? How Teenagers Feel When Someone in the Family is Ill.*** Explores the impact a parent's illness can have on teenagers and ways to help teens cope. Cancer Family Care, Cincinnati, OH. Individual copies at no charge. To order contact Cancer Family Care at 513-731-3346 or [www.cancerfamilycare.org](http://www.cancerfamilycare.org).

***What is Cancer Anyway? Explaining Cancer to Children of All Ages.*** Karen Carney. Written by a RN and clinical social worker, this Book 5 in the Barklay and Eve series, provides basic information about cancer, radiation and chemotherapy to children in a calm and reassuring manner. The story is told through the eyes of the family's two dogs, Barklay and Eve. For children ages 4-8. Dragonfly Publications, Weathersfield, CT.

***When Someone in Your Family is being Treated for Cancer.*** National Cancer Institute. A booklet written for teens and young adults, who have a parent or sibling with cancer. Contains basic medical information about cancer, treatments and their side effects, and the emotional concerns of children. National Cancer Institute, Baltimore, MD. 1995. To request a copy call 800-422-6237 or visit [www.cancer.gov](http://www.cancer.gov). Click on "Cancer Topics."

***When Your Parent Has Cancer: A Guide for Teens.*** National Cancer Institute. A booklet that offers information on cancer treatment, the ways teens can talk to family and friends, changes in the family, taking care of yourself and finding support. Individual copies at no charge from the NCI at 800-422-6237 or [www.cancer.gov](http://www.cancer.gov).

***The Year My Mother Was Bald.*** Ann Speltz and Kate Sternberg (Illustrator). The tale of a fictional family's journey, as seen through the daughter's eyes. Written in the form of a journal by a girl, whose mother is undergoing treatment for cancer. For children ages 8-13. Contains drawings, photos and useful information. Offers reassurance to other children of the same age, who are going through a similar circumstance. Magination Press, Washington, DC. 2003. [BN.com](http://BN.com).

## MUSIC

***David Bailey Music.*** David M. Bailey. Inspirational music written and sung by brain tumor survivor David Bailey. Website has the story of his medical history, concert schedule and a link to purchase his CDs and DVD. [www.davidmbailey.com](http://www.davidmbailey.com).

***Mind Jingles.*** Lynne Burke, Martin Funderburk. A CD of six songs for patients and caregivers designed to promote positive attitudes and a sense of well-being. The songs are repetitions of words and phrases on the topics of healing, love, beauty, peace, energy and thankfulness. For more information or to order call 866-502-1030 or [www.musicalnotes.us](http://www.musicalnotes.us).

***Soothing the Senses.*** Fred Hersch. A musical CD compiled for caregivers to help their body, mind and spirit relax. Sensory Resources, 2500 Chandler Ave, Suite 3, Las Vegas, NV 89120. 888-357-5867. [www.sensoryresources.com](http://www.sensoryresources.com).

***Matthew Zachary Music.*** Matthew is a brain tumor survivor. His experiences through this time in his life are reflected in his acclaimed solo piano music. [www.matthewzachary.com](http://www.matthewzachary.com).

## AUDIOVISUAL

***Back to School: Teens Prepare for School Re-Entry.*** Starbright Foundation. The first day back can be kind of rough, if you're returning back to school after an illness. This MTV style DVD features teens sharing stories and advice for overcoming their fears about returning to school after an extended absence due to a chronic illness or injury. Also includes segments on coping with frequent hospitalizations and improving communication with the medical team. 2006. Available at no charge through the Starlight/Starbright Foundation at 847-480-0870 or [www.starlight.org](http://www.starlight.org).

***Cancer Survival Toolbox.*** A joint collaboration between the National Coalition for Cancer Survivorship (NCCS), Oncology Nursing Society, Association of Oncology Social Work and Genentech. This set of free CDs is a self-learning audio programs developed by leading cancer organizations. Its goal is to help you develop practical tools in your daily life as you deal with a cancer diagnosis. Divided into ten different programs ranging from topics such as Caring for the Caregiver and Finding Ways to Pay for Care. The toolbox is available free of charge from the NCCS at 877-622-7937 or [www.cancersurvivaltoolbox.org](http://www.cancersurvivaltoolbox.org).

***Kids Tell Kids What It's like When Their Mother or Father Has Cancer.*** Cancervive, 1998. As anyone who has gone through a cancer experience knows, everyone in the family is affected. Children talk about their hopes, fears and the adult burden placed upon them when cancer strikes a parent. The film is faithful to the kid's point-of-view and validates the children's emotions. This award-winning 15 minute documentary for children who have a parent with cancer encourages communication between family members. Available from Cancervive at 800-486-2873 or [www.cancervive.org](http://www.cancervive.org).

***New Forest T'ai Chi.*** John Bright-Fey. Follow Grandmaster John Bright-Fey as he leads you through a 40-minute T'ai Chi workout designed by a licensed physical therapist. The workout includes a 10-minute warm-up, 28 minutes of T'ai Chi, and a 3-minute warm-down. Safety guidelines for exercise are included throughout the learning experience. Available in VHS and DVD formats. Rubrica Press, Hoover, AL. 2003.

***Re-Mission.*** HopeLab. DVD-Rom computer game is a challenging, 3D game with 20 different levels that takes the player on a journey through the body of young patients with different kinds of cancer. Created by leading video game developers and animators in collaboration with scientific and medical consultants and HopeLab staff, this state of the art game is designed to be cool and fun, while helping players to increase their personal knowledge about cancer and improve their confidence in their ability to manage their cancer. Available at no cost through their website at [www.re-mission.net](http://www.re-mission.net), either to order as a DVD-ROM or also available as a download. The website also exists to provide an open, interactive online community for teens and young adults to support one another.

***Talking About Your Cancer: A Parent's Guide to Helping Children Cope.*** An 18-minute DVD for parents to help guide them in discussions with their children. Can be ordered from Fox Chase Cancer Center, Social Work Services, 7701 Burholme Ave, Philadelphia, PA. Can be ordered from Fox Chase Cancer Center at 888-369-2427 or [www.fccc.edu](http://www.fccc.edu).

***We Can Cope: When A Parent Has Cancer.*** A set of three videos, including a manual for parents. Parent video features 7 parents talking about how their families coped. Teen video features a group of teenagers discussing their parent's cancer and how they coped. Child video features 3 young children expressing their feelings. Can be ordered from Inflexxion Inc., Newton, MA at 800-848-3895 or [www.wecancope.com](http://www.wecancope.com).

***When a Parent Has Cancer: Looney Professor Boonie Explains Cancer to Kids.*** A video designed to help parents communicate with their children in an age-appropriate manner. Can be ordered from Banner Thunderbird Medical Center, Glendale, AZ at 602-865-5450

## ADVANCE DIRECTIVES

***Be Prepared: The Complete Financial, Legal, and Practical Guide for Living With Cancer, HIV and Other Life-Challenging Conditions.*** David S. Landay. This comprehensive book provides information to work through financial, tax, and practical issues that arise when you are confronted with a life-threatening condition. St. Martin's Press, New York, NY. 2000. *BN.com*.

***Final Choices - Seeking the Good Death.*** Michael Vitez. Chronicles the experiences of patients as they make the best end-of-life decisions. Also discusses living wills and medical powers of attorney. Camino Books, Philadelphia, PA. 1997. *BN.com*.

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