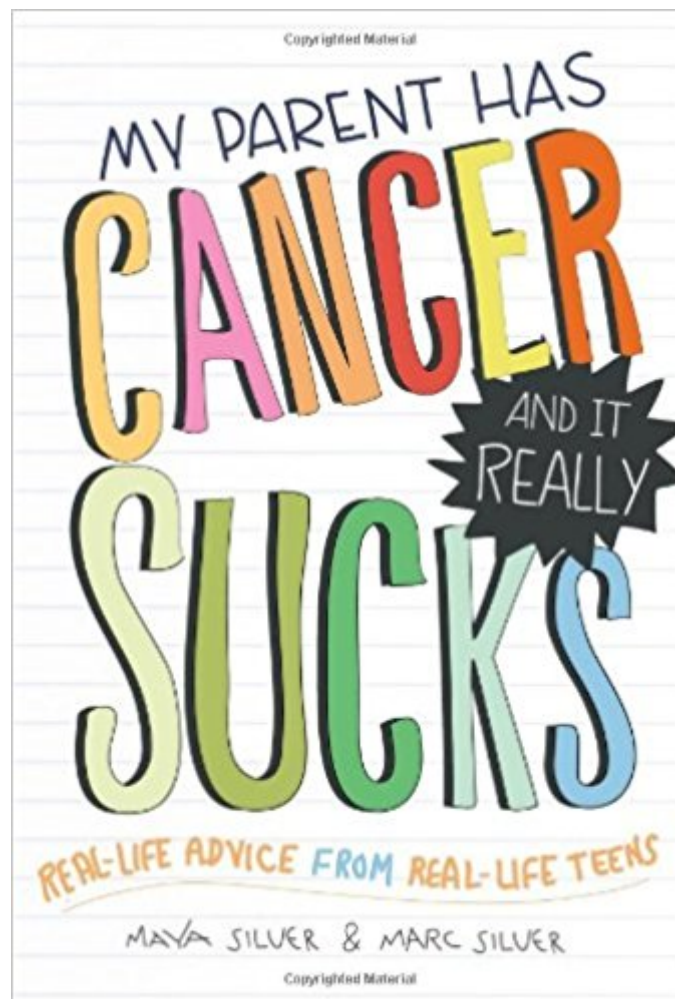




The book was found

# 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?)

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Age Range: 12 - 17 years

Grade Level: 7 - 12

## **Customer Reviews**

Gr 7 Up-This well-organized handbook aims to guide teens through the experience of having an ill parent. Offering "survival tips" from those who have experienced the ordeal firsthand and including "words of wisdom" from trained professionals, it provides honest, practical, and heartfelt advice. Short chapters include "Let's Talk: How to Keep Your Family Communication Lines Wide Open," "How Things Will Change During Cancer," "Dealing with Stress," "The Power (and the Limits) of Optimism and Faith," "Seeking Support," "Facing a Dire Prognosis," and "Losing a Parent to Cancer." Readers are reminded that "cancer doesn't follow rules" and can impact families of any background. The Silvers effectively provide guidance and insight for teens seeking the ability to cope so that "the new normal" (a term used to describe life after cancer) can be realized.-Kathryn Diman, Bass Harbor Memorial Library, Bernard, ME (c) Copyright 2013. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

An estimated one million teens in America live with a parent who has suffered from cancer. This guide for coping with the scary reality of serious illness is written by a father-daughter team who have had plenty of experience. Marc's wife and Maya's mother is a cancer survivor. Drawing on their experiences, the Silvers offer advice for finding solace in people who have been there and who have found ways to cope. The book is fairly comprehensive, addressing changes in a teen's own identity as well as changes in family and homelife that are beyond his or her control. Pragmatic suggestions are offered, such as maintaining routines, finding artistic outlets for intense emotion, and using exercise to help cope with stress. Honest discussions center on both the power of optimism but also on facing the most dire prognoses and the very real possibility of losing a parent. It's admirable that the authors don't sugarcoat the realities of cancer and will speak with an honesty that teens will identify with and find comfort in. Grades 7-12. --Erin Anderson

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.

It's been 3+ years since I bought this book for my then-tween. I was facing a grim prognosis and obviously, the doctors were wrong! When recommending this book to a friend today, I knew I had to leave my gratitude to the authors and publisher for this excellent book. It is well-written, thoughtfully formatted, and written in a tone that is neither "adult preachy" nor "trying to be cool but failing" which is so common in crisis/coping books for tweens and teens. Many stories from real teens, in their

own words, offer authentic connection and understanding that was incredibly helpful and validating for my son. When my treatment was completed, I took a sharpie and crossed out "has" in the title, and changed it to "HAD"! This book would be helpful for a teen whose parent has completed cancer treatment as well, because as anyone who knows cancer understands, it's often at the forefront of worry long after (forever?) treatment. My heartfelt thanks for this rare and wonderful compilation that was a beacon of encouragement to my child during my cancer crisis.

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.

Great book for teens and pre-teens. I use this with the clients that I work with and they have really liked the book.

A very good and informative book. It talked alot about if the parents were together, I wished there was a section talking about if the parents aren't together and how to handle that.

Difficult topic handled very well and offers comments from children who have been in this situation.

Pleased how it touched on many aspects of cancerwritten from a teens perspective - very relatableThink its a nice tool for kids to add to their support chainand 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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Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer

Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention) Alternative Cancer Therapies (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) (Alternative Medicine Book 1) My Parent Has Cancer and It Really Sucks Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers When a Parent Has Cancer: A Guide to Caring for Your Children CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) PROTONS versus Prostate Cancer: EXPOSED: Learn what proton beam therapy for prostate cancer is really like from the patient's point of view in complete, uncensored detail. Between Parent and Child: Revised and Updated: The Bestselling Classic That Revolutionized Parent-Child Communication The Baffled Parent's Guide to Coaching 6-and-Under Soccer (Baffled Parent's Guides) Swear Word Coloring Book for Parents: Unleash your inner-parent!: Relax, color, and let your inner-parent out with this stress relieving adult coloring book.

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