



# Writing Your Way Through Cancer

*Chia Martin*

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## **Writing Your Way Through Cancer** Chia Martin

This book applies tried and true methods of journaling, and other forms of writing, to the particular challenges faced by the cancer patient. It is intended to: offer anyone dealing with disease a creative way of dealing with powerful emotions; educate patients and caregivers on the value of writing as related to healing; offer encouragement and consolation from the personal experience of the writer; move readers toward the realization that disease can be a powerful catalyst in the spiritual process and invite health care practitioners to include writing as part of their prescription for healing.

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