



## Coping with the Psychological Effects of Cancer

By Robert Bor, Carina Eriksen, Ceilidh Stapelkamp

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with the Psychological Effects of Cancer, Robert Bor, Carina Eriksen, Ceilidh Stapelkamp, A diagnosis of cancer is hard to bear. It can wreak havoc on work, relationships and all aspects of everyday living - self-confidence, mood, identity, sleep and capacity for sexual intimacy may all suffer. Coping with the Psychological Effects of Cancer tackles the emotional challenge of cancer in a sensitive but practical way, and presents ways to cope better with the uncomfortable and painful emotions that may come with diagnosis. Topics include the emotional impact of cancer, coping with distressing thoughts and feelings; changing unhelpful behaviours; family relationships; coping with advanced and terminal illness; being 'a patient' and working with healthcare professionals; and money matters.



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