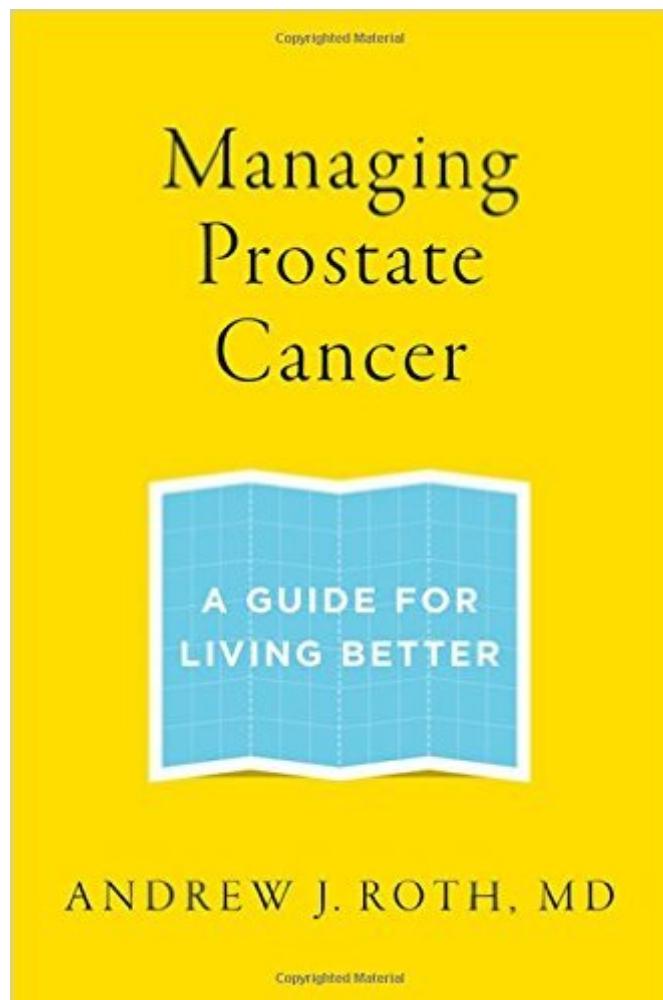


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# Managing Prostate Cancer: A Guide For Living Better



## Synopsis

The statistics are sobering: over 200,000 men in the United States are diagnosed with prostate cancer every year. With this diagnosis, men are expected to psychologically combat the worry, practical concerns, and the emotional and physical changes during an immensely trying time. How to help? In *Managing Prostate Cancer: A Guide for Living Better*, Dr. Andrew J. Roth, a psychiatrist specializing in psychological support for cancer patients, provides the emotional skills and strategies necessary to help patients deal with the challenges a prostate cancer diagnosis brings to everyday life. These tools, which Dr. Roth terms "Emotional Judo," effectively teach patients to identify what their fears are rooted in, how to distinguish the rational and irrational aspects of their thoughts and behaviors, make healthier choices to promote a more positive approach, and ultimately transform their lives into a more fulfilling and peaceful journey.

## Book Information

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Average Customer Review: 5.0 out of 5 stars Â See all reviews Â (4 customer reviews)

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## Customer Reviews

With bluntness and humor, Dr. Roth has written a book that will be both educational and therapeutic for people dealing with cancer. While the focus is on prostate cancer, it will be useful to those coping with any type of serious illness. The author's vignettes about his own struggles with an acoustic neuroma are relevant. Dr. Roth is not a medication pusher (Disclosure: I am a colleague of his at Memorial Sloan Kettering Cancer and know he is an excellent psychiatrist!), but Chapter 5 is probably the best summary I have read of psychopharmacology that would be understandable to the general public. I think Dr. Roth's philosophy of living life, outlined in Chapter 10, will inspire

people with both curable and incurable illnesses. This book is a gem!

This book is a lifesaver. I was deeply fortunate that it was released within days of my being told that I needed surgery for prostate cancer. Dr. Roth's direct and honest book is filled with terrific information and wisdom and compassion. I am turning to this book again and again as my surgery approaches. I would urge anyone in the same situation to read this invaluable book.

An outstanding and practical guide for coping with prostate cancer and making sound and well-reasoned treatment decisions. A necessary read if you have prostate cancer, or care for someone who does.

This book is a trusted resource where you can find valuable information about how to cope with the challenges associated with living with prostate cancer.

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bacterial prostatitis) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating Cancer and Fighting Cancer Managing Prostate Cancer: A Guide for Living Better 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) 33 Prostate Cancer Meal Recipes That Will Help You Fight Cancer, Increase Your Energy, and Feel Better: The Simple Solution to Your Cancer Problems 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. Prostate Cancer Prevention Diet Book: What to Eat to Prevent and Heal Prostate Cancer The Prostate Diet Cookbook: Cancer-Fighting Foods for a Healthy Prostate Prostate Diet: BPH, Prostatitis, Prostate Cancer (Quick Nutrition Book 2) Dear Prostate ... I Thought You Were My Friend: One Man's Journey Through Prostate Cancer and Beyond Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better)

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