

*A Survivor's
Guide*
for the
Breast Cancer Journey

A Survivor's Guide for the Breast Cancer Journey: An Organizer and Handbook for the Newly Diagnosed™

By Kim Regenhard

Product Details

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If a woman is diagnosed with breast cancer, the best thing she can do is *Plan to live.*™

When a woman receives a breast cancer diagnosis, she finds herself at the start of a journey that will be marked by numerous decisions, doctor visits, tests, treatments, reports, medications, side effects, and stress – as well as a unique range of emotions and personal life demands that can make “normal” life seem like a luxury or distant memory.

A Survivor's Guide for the Breast Cancer Journey: An Organizer and Handbook for the Newly Diagnosed is a unique organizer and guide that helps women newly diagnosed with cancer understand, organize, plan, and record their journey from cancer diagnosis to recovery so that they are well-organized, well-informed, and better able to make critical decisions that can affect their chances of survival – and so that women in the midst of breast cancer treatment can have time and energy to focus on what really matters: *the people they love and becoming well.*

*It's a gift from those who have walked
and survived the breast cancer journey
to those taking the first steps.*

Product Features

- **Calendar** to plan and manage your schedule
- **Directory** to organize important contacts
- **Compartments** to collect critical information
- **Questions** to ask your medical providers
- **Tips and advice** from breast cancer survivors
- **Ample space** to reflect on your experience
- **Inspiring pictures** and quotes
- **Resources** and breast-cancer-related organizations
- **Special removable section** for caregivers



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Kim Regenhard

Kim Regenhard was a successful executive in a large corporation, happily married, and mother of a young child when, in the spring of 1998, she discovered a lump in her breast. When tests confirmed the lump was cancerous, Kim felt her world had been turned upside down.



Guided by the experience of a friend who had survived breast cancer, Kim began the task of learning about breast cancer, breast cancer treatments, and what she might expect on the road ahead. It was a process that would ultimately lead to starting a new business, RiverStone Journals, and creating an organizer and journal for women newly diagnosed with cancer.

"As I reflected on my own needs during my cancer experience, and listened to other breast cancer survivors, I became convinced that what cancer patients need is a practical tool to guide them step-by-step through the cancer journey," said Kim. *"A Survivor's Guide for the Breast Cancer Journey was born out of that heart-felt conviction."*

Now cancer free, Kim manages the strategic aspects and day-to-day operations of RiverStone Journals and speaks at events related to breast cancer and other women's issues.

Plan to Live.™

The unique format of *A Survivor's Guide for the Breast Cancer Journey* helps breast cancer patients and their caregivers:

- **Understand** diagnostic tests and the prognosis to make better informed decisions
- **Choose** the best treatment option based on individual needs
- **Manage** treatment as comfortably as possible
- **Schedule** appointments and daily events
- **Organize** information and test results
- **Prepare** for life after cancer

Main Contact

Kim Regenhard
info@riverstonejournals.com
riverstonejournals.com

Media Information

Bonnie Harris
press@waxmarketing.com



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riverstonejournals.com