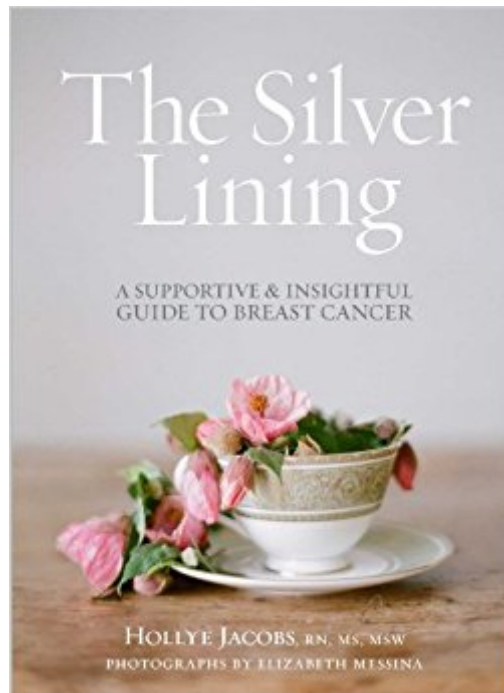




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# **The Silver Lining: A Supportive And Insightful Guide To Breast Cancer**



## Synopsis

**A NEW YORK TIMES BESTSELLER** As a healthy, happy thirty-nine-year-old mother with no family history of breast cancer, being diagnosed with the disease rocked Hollye Jacobs's world. Having worked as a nurse, social worker, and child development specialist for fifteen years, she suddenly found herself in the position of moving into the hospital bed. She was trained as a clinician to heal. In her role as patient, the healing process became personal. Exquisitely illustrated with full-color photographs by Hollye's close friend, award-winning photographer Elizabeth Messina, *The Silver Lining* is both Hollye's memoir and a practical, supportive resource for anyone whose life has been touched by breast cancer. In the first section of each chapter, she describes with humor and wisdom her personal experience and gives details about her diagnosis, treatment, side effects, and recovery. The second section of each chapter is told from Hollye's point of view as a medical expert. In addition to providing a glossary of important terms and resources, she addresses the physical and emotional aspects of treatment, highlights what patients can expect, and provides action steps, including:

- What to do when facing a diagnosis
- How to find the best and most supportive medical team
- What questions to ask
- What to expect at medical tests
- How to talk with and support children
- How to relieve or avoid side effects
- How to be a supportive friend or family member
- How to find Silver Linings

Looking for and finding Silver Linings buoyed Hollye from the time of her diagnosis throughout her double mastectomy, chemotherapy, radiation, and recovery. They gave her the balance and perspective to get her through the worst days, and they compose the soul of the book. The Silver Lining of Hollye's illness is that she can now use the knowledge gleaned from her experience to try to make it better for those who have to follow her down this difficult path. This is why she is sharing her story. Hollye is the experienced girlfriend who wants to help shed some light in the darkness, provide guidance through the confusion, and hold your hand every step of the way. At once comforting and instructive, realistic and inspiring, *The Silver Lining* is a visually beautiful, poignant must-read for everyone who has been touched by cancer.

## Book Information

Paperback: 288 pages

Publisher: Atria Books; 1 edition (March 18, 2014)

Language: English

ISBN-10: 1476743711

ISBN-13: 978-1476743714

Product Dimensions: 7.4 x 0.7 x 10.1 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.6 out of 5 stars 94 customer reviews

Best Sellers Rank: #475,898 in Books (See Top 100 in Books) #139 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #1457 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #2107 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

In this inspirational and practical memoir, Jacobs, a registered nurse and social worker as well as a vegan marathoner with no family history of the disease, describes how she stayed positive even after being diagnosed with breast cancer at age 39. A "half-full" kind of gal, she shares the silver linings she found during surgery, chemotherapy, and radiation. She also shares what she calls "lifelines" (suggestions from her experiences) and talks about "practical matters" (for example, information on medical tests like the digital tomosynthesis 3-D x-ray of the breast). Despite the subject matter, she maintains her can-do spirit and her sense of humor. She includes a glossary (an antiemetic is a drug taken to alleviate nausea and vomiting), helpful websites, and recommended books and shopping sites (headcovers.com, mastectomyshop.com, wigsalong.com). A bonus: beautiful photos taken by her friend Messina, a wedding and celebrity photographer. An uplifting read for breast cancer patients and their friends and family members. --Karen Springen

--This text refers to an out of print or unavailable edition of this title.

"Like a good friend, this book will be by your side as you travel through the world of breast cancer diagnosis, treatment, and recovery." (Susan Love, MD, MBA, author of Dr. Susan Love's Breast Book) Hollye Jacobs combines inspiration with practical suggestions for women and men working through a breast cancer diagnosis. She gives breast cancer survivors the ability to put things in perspective, with spot-on advice about what to expect. (Nancy Brinker, Chair, Global Strategy, Susan G. Komen®) Hollye probes the varied and granular issues surrounding breast cancer with thoughtfulness and sound advice while leavening the experience with humor. Elizabeth Messina's collector-quality photographs aid in capturing the essence of the journey. [and] result in a remarkable tension: the allure of life simultaneously overlaid with the threat of disease, which is starkly, and beautifully, portrayed. (James L. Madara, M.D., CEO, American Medical Association, Former Dean and CEO, University of Chicago Pritzker School of Medicine and Hospital System)"This bold and resourceful woman's powerful account of her breast

cancer experience offers important guidance, strong encouragement and real inspiration to any person challenged by this disease." (Marisa Weiss, M.D., President and Founder, Breastcancer.org)âœ“This book provides true insight into the challenges involved in the diagnosis and treatment of breast cancer. It is a lesson in survival. It is a testament to the courage, grace and dignity of one woman who truly defines the word 'survivor.'âœ• (Otis W. Brawley, M.D., Chief Medical Officer, American Cancer Society)âœ“Hollye Jacobs has provided us with an informative, supportive and uplifting account of her unusually arduous breast cancer treatment. From mouth sores to mood swings she extends us 'life lines,' her practical hints for adaptation. Through the dark clouds and dense fog of cancer treatment she both recalls and discovers beauty and hope and her "silver linings" are pithy expressions of wisdom and truth - maxims that help make the difficult doable.âœ• (Mary Jane Massie, MD, Director, Barbara White Fishman Center for Psychological Counseling, Attending Psychiatrist Memorial Sloan-Kettering Cancer Center)âœ“This book is a little miracle, both for the body and the soul. If ever there was light in the face of the storm, this book is it. Read it and heal.âœ• (Kathy Freston, New York Times best-selling author of Quantum Wellness, Veganist, and The Lean)âœ“It is a rare thing to find a resource that captures both the very real, lived experience of having breast cancer while also serving as an incredibly practical guide to understanding cancer and its treatment. The Silver Lining should be read by every professional who cares for those who face breast cancer as a reminder of the person and family surrounding the tumor. Hollye Jacobs' expertise as a nurse, social worker, and child development specialist is evident, as the book is richly infused with the wisdom of each of those professions. Even more important is that this book is clearly coming from a woman who has been there, heard the words, 'you have cancer,' and found the silver linings known only to a survivor.âœ• (Betty Ferrell, RN, PhD, FAAN, FPCN, professor, research scientist, and director of Nursing Research, City of Hope National Medical Center)âœ“The Silver Lining reflects the experience of a remarkable woman, undergoing what is sadly an all too common journey. The challenges faced are honestly, yet compassionately shared, often with humor and always with grace. The lifelines and wisdom remind readers that at the end of this expedition there is growth and hope. The breathtaking photos reinforce the beauty that can come from pain. This book is an extraordinary gift for all who have been touched by breast cancer.âœ• (Judith A. Paice, PhD, RN, director, Cancer Pain Program Division, Hematology-Oncology, Northwestern University Feinberg School of Medicine)âœ“A two-year ordeal with breast cancer conveyed with frank prose and stunning photography.... Award-winning photographer Messina beautifully captures the essence of Jacobsâœ™ journey, delivering mood and emotion through gorgeous imagery. Throughout it all, Jacobs remained resilient, buoyed by a holistic approach to wellness. This is a

wise investment for women newly diagnosed with breast cancer or simply interested in how the process works. Unfailingly optimistic, Jacobs compassionately offers proof positive that even a terrifying, arduous disease like cancer can have a silver lining. A dignified, intensely personal journey of survival.â (Kirkus Reviews)â œWith her humorous and approachable style, Jacobs has written an essential title for patients facing a cancer diagnosis. Highly recommended for all consumer health collections.â (Library Journal (starred))â œ...pragmatic and empathetic... unabashedly candid.... If you or someone you know has battled breast cancer, this book will serve as a lifeline for navigating this potentially devastating disease.â (Publishers Weekly)

My sister was diagnosed with breast cancer and had a double mastectomy recently. She has family and emotional support but she does not have any nearby support. She just had a port put in and will start aggressive chemo followed by radiation. I saw Hollye on one of the TV program and immediately ordered the book for my sister. This is what my sister wrote me " It is amazing. It is exactly what I am going through right on down to the Port-A-Cath. It's a step by step through chemo etc. and some things to alleviate some of the problems that arise. She even talks about EMLA cream to numb the port skin". This is a much needed book.

Hollye's writes of her own cancer diagnosis and treatment in such a way to provide an approachable clinical perspective combined with the personal voice of a patient. Her writing is not bogged down with jargon. It is her real story--complete with humor, frustration and fear. The detail is real and while it leaves little to the imagination it gives you the benefit of knowing what to expect and how to navigate the circumstance. It is as if you are borrowing the notes of Hollye's experience and treatment so that you can have the best possible treatment plan. The book is beautifully laid out. I love the "lifeline" content highlighted throughout the book as well as the "silver lining" pages, "practical matters" pages, glossary, and resource guide. Elizabeth Messina's photography is lovely and a wonderful compliment. I highly recommend this book to anyone that may be diagnosed with cancer or supporting a family member or friend with a cancer diagnosis.

This book is what has been missing in the breast cancer journey. When I went through this myself, I looked for books to help me understand my feelings and discuss the REAL experience. This book is REAL. I especially appreciated the latter chapters discussing life after treatment. That is where I am now and I truly appreciated the insight. I no longer felt alone in my feelings. A must read for anyone dealing with a breast cancer diagnosis.

I am currently in treatment for breast cancer, and was anxious to have another, nurses, perspective on the disease. I found some parts of the book to be very helpful, and other parts annoying. Her audience for this book is definitely not children, yet her reaction to pain is: Alarm! Alarm! Alarm! Owie! Owie! Owie!, sounds as such, and got annoying very quickly! Her description of her husband,, HOTY,( husband of the year), was used thruout the entire book. We got it the first time! There is a lot of info here. Just wish the editors would have worked on her little girl writing style.

When I was recently diagnosed with breast cancer I was overwhelmed, didn't understand much of what was being told to me, and tried to find answers to many questions which created a high level of anxiety as I searched the internet. This one book provided everything I wanted to know in an organized, easy to comprehend style. It is at once a universal story and at the same time a reference and guide. Many thanks to my nephew Scott and his beautiful wife Niki! I have purchased several copies of this book to give to others who have found themselves in the same situation. I can't recommend this book highly enough!

I could not put this book down and finished it in just a few days. I cried, I laughed out loud, and nodded my head in agreement more times than I could keep track of. I truly hope this book finds its way into hands of the cancer medical community, as it is an incredible resource for people who are going through breast cancer or are in remission. Yet for people like myself who have not had cancer, but have had close friends or family members affected by it, the book still holds tremendous value. Hollye's honesty is refreshing as is her writing style. She helps the reader understand the technical medical terms in an easy to understand way. She is candid, witty, and a realist. Her attitude and mantra are both infectious. The photographs truly help Hollye's story come to life, Elizabeth Messina is a wildly talented photographer. I urge you to purchase this book, it is a must read!

This book came out just a week or so prior to my wife being diagnosed with cancer. It was extremely helpful, informative, insightful, and took away a lot of questions that were looming over us at the time of the diagnosis. I highly recommend this book to anyone who wants to learn more about breast cancer from someone who experienced it first hand (and then some). My wife has since gone through her first surgery and is awaiting the next two. This book gave us a lot of knowledge going in and helped answer a lot of the unknowns. We still reference it to help us form questions (and

answer some) as we go forward with our health care team of doctors.

Maybe the best endorsement of this book was expressed by a "friend of a friend" who received a breast cancer diagnosis 2 weeks ago, a 2nd opinion 1 week ago and surgery at the end of last week. My friend gave this book to her and she read it nonstop over the weekend and immediately told her husband and children they needed to read it as well. What she said after reading it was, "Now I have my questions on paper and I am ready to face what lies ahead." When you feel out of control and faced with a daunting diagnosis, it is a gift - a silver lining - to find a book that soothes you just by looking at the gorgeous cover and then guides you with its pearls of wisdom on each page. Invaluable.

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