

A GOOD PLACE TO START

Something to read

This is a list of books you might find helpful - it is not exhaustive as new wonderful books are published regularly as people find courage to write about their own cancer or discover new reading material. Let's share this knowledge and help us build the best book list available.

The Answer to Cancer – Keith Foster
Anticancer: A New Way of Life – Dr David Servan-Schreiber
Cancer as a Turning Point – Lawrence LeShan
The Cancer Directory – Dr Rosy Daniel
Cancer in Context – James Brennan & Clare Moynihan
Cancer is a Word, Not a Sentence – Dr Robert Buckman
The Cancer Revolution – Patricia Peat
The Cancer Whisperer – Sophie Sabbage
Doctor You – Jeremy Howick
The Emperor of All Maladies – Siddhartha Mukherjee
Getting Well Again – O. Carl Simonton
How to Starve Cancer – Jane McLelland
The Ketogenic Kitchen – Domini Kemp & Patricia Daly
Lifeshocks – Sophie Sabbage
Lifestyle and Cancer: The Facts – Robert Thomas
The Metabolic Approach to Cancer – Dr Nasha Winters & Jess Higgins Kelley
The Mindful Path to Self-Compassion – Christopher K. Germer
Mum's Not Having Chemo – Laura Bond
Radical Remission – Kelly A. Turner
Say No to Cancer – Patrick Holford
The Street-Wise Patient's Guide to Surviving Cancer – Karol Sikora
Tripping Over the Truth – Travis Christofferson
You Are the Placebo – Dr Joe Dispenza