

DBP Book Review

Name of Book: Living with Childhood Cancer: A Practical Guide to Help Families Cope	Author: Leigh A. Woznick Carol D. Goodheart
Publisher: American Psychological Association	Date of Publication: 2002
Name of Reviewer: Bilal Omer	Date of Review: March 2006
Intended Audience (choose from Parents, Children, Professional, Other): Parents	
<p>Purpose of the book: As the title suggests this book attempts to serve as a guidebook for families on how to cope after their child has been diagnosed with cancer. The book contains some emotional guidance and more practical advice how to deal with this disease.</p>	
<p>Theoretical Basis: This book was written by a mother-daughter team. Leigh A. Woznick is the mother of a cancer survivor herself. Her co-author Carol D. Goodheart is Leigh Woznick's mother and also a licensed psychologist who specializes in health psychology. The book addresses various aspects of coping with cancer, including how to explain the diagnoses to the child and his siblings, how to reduce the emotional stress of treatment and how to foster the child's development and self-esteem throughout the illness.</p> <p>An important aspect of the book is the short stories by more than 100 cancer survivors, family members and a few health care professionals that are interwoven throughout the book.</p> <p>The book also has a 45-page section at the end of the book with resources for families including contact information for wish fulfillment organizations, parent support groups and information about books dealing with various aspects of cancer, education, grief and other issues.</p>	

Strengths: The insightful stories by cancer survivors and the detailed practical advice combine for a very powerful and unique book.

The authors managed to include many helpful tips on how to deal with variety of very concrete situations that might be encountered by cancer patients and their families. The way the content is organized, readers can easily move on to the chapter or paragraph that is most relevant to them at any given time.

The book is very comprehensive and the authors did not shy away from addressing difficult issues like alcohol and substance abuse in families affected by cancer and feelings like jealousy and resentment that are often not discussed openly. Hearing from other cancer survivors and family members about these emotional responses will likely make it easier for readers to acknowledge their own feelings and subsequently find ways to cope.

Weaknesses:

Recommendation of Reviewer (please choose one and put "X" in box next to selection):

<input checked="" type="checkbox"/>	Highly recommend for all parents
<input type="checkbox"/>	Highly recommend for parents with specific problems/issues
<input type="checkbox"/>	May be useful to some parents
<input type="checkbox"/>	Would not recommend

Additional Comments: