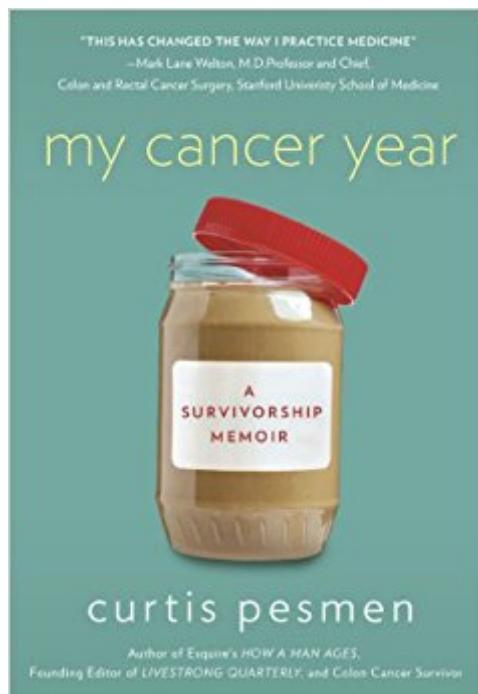


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# My Cancer Year: A Survivorship Memoir



## **Synopsis**

In **MY CANCER YEAR**, Curtis Pesmen, a veteran health journalist and book author, chronicles his successful fight with advanced colon cancer in a brutally honest and illuminating memoir. Through this moving account--which takes the reader through his initial shock of diagnosis, through treatment, experimental surgery and finally recovery--Pesmen's insights and experiences cast light on how to manage the challenges of cancer people don't like to talk about. This intimate memoir of a successful fight helps the fast-growing group of survivors--as well as family and friends--put cancer in its place while moving forward with the power of new knowledge.

## **Book Information**

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Average Customer Review: 3.3 out of 5 stars 3 customer reviews

Best Sellers Rank: #3,329,096 in Books (See Top 100 in Books) #103 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #29441 in Books > Self-Help > Motivational #43528 in Books > Self-Help > Personal Transformation

## **Customer Reviews**

Regardless of the type of cancer you had or have, this book is a window into a world best described as the -- Louise Bates, survivor/chairwoman, Colorectal Cancer NetworkThe candidness and originality of Curtis Pesmen's writing serve as guides along the cancer journey with insights that are both practical and moving. -- Melissa Weber, managing editor, CURE magazinePesmen (The Colon Cancer Survivor's Guide) has written an honest and sometimes explicit memoir about his diagnosis with and treatment for colon cancer. The first chapter is an edited and amended version of his blog entries at the time of his diagnosis and the care that followed. The entries are often chaotic but convey the raw feelings and turmoil of his story. Occasional notes or diary excerpts from family and friends are interspersed among the entries, offering a chance to see how others reacted. The remaining chapters focus on the author's recovery, again bringing in passages from his wife's diary and letters from friends and family. Pesmen has survived for more than ten years beyond his

diagnosis and is now the father of two adopted children. His reactions to cancer and survivorship will enlighten anyone facing the same crisis, those close to them, and survivors. VERDICT The honesty of this book will resonate with cancer patients, and caregivers and health professionals will find it a realistic read if they wish to know more about what it feels like to have cancer. -- Library Journal 9/15/2013

Curtis Pesmen is author several books including *How a Man Ages*, *What She Wants*, and *Your First Year of Marriage*. He has written for *Esquire*, *GQ*, *SELF*, *Outside* and *Glamour* magazines, and was the founding editor of *LIVESTRONG* Quarterly. As health/features editor of *SELF* magazine, he helped develop the internationally recognized, pink-ribbon breast cancer awareness campaign. He is an active in cancer patient advocacy.

Excellently written with discipline, humor and restraint, this book is a humbling reminder that carefree good health can be felled in an instant. Life is always a fragile mirror to its opposite. I was fascinated to read how the author coped with the permanent body change--a huge adjustment--which he relates with grim and gritty candor. I was aware, however, that Pesmen did have the safety net of a comfortable income. How different would the situation have been for someone who has to live from paycheck to paycheck? But I hasten to add that is a comment on the stupid healthcare system in this country, rather than on the author.

Having had colon cancer myself and looking at the author's credentials, I was eagerly awaiting this book from the library. I skimmed through it in one evening and was disappointing. The author suffered horribly -- chemo, radiation, surgery to remove his entire colon, then more chemo. He went through MUCH more than I did, but I never felt any depth in this book. It seemed like the text from his wife's diary was used almost as "filler" and the last two chapters as well. I didn't get much of a sense of what it was like with his having cancer in terms of his thoughts, concerns and physical problems. I actually got more of a sense of what cancer was like through reading the book written by Patrick Swayze's wife on his cancer. Maybe the fact that it was written 10 years after the cancer made a difference. I definitely wouldn't recommend this book to anyone who wants to know what colon cancer treatment is like (and the treatment that he went through is also now 10 years out of date)

I appreciate how honest and clear this book is about what happens from the moment of the

diagnosis and through the course of treatments. So many have been on this journey. It helps to have a guide like this - funny (at times) but clear headed.

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