



My Parent Has Cancer and It Really Sucks

Maya Silver, Marc Silver

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Real-life advice from real-life teens

Currently one million American teenagers live with a parent who is fighting cancer. It's a hard blow for those already navigating high school, preparing for college, and becoming increasingly independent. *My Parent Has Cancer and It Really Sucks* is the first book written especially for teens to help during this tough time.

Author Maya Silver was 15 when her mom was diagnosed with breast cancer in 2001. She and her dad, Marc, have combined their family's personal experience with advice from dozens of **medical professionals and real stories from 100 teens**--all going through the same thing Maya did.

In a highly designed, engaging style, this book gives practical guidance that includes:

- how to talk about the diagnosis (and what does diagnosis even mean, anyway?)
- the best outlets for stress (punching a wall is not a great one, but should it happen, there are instructions for a patch job)
- how to deal with friends (especially one the ones with 'pity eyes')
- whether to tell the teachers and guidance counselors and what they should know (how not to get embarrassed in class)
- what happens in a therapy session and how to find a support group if you want one

A special section for parents also gives tips on strategies for sharing the news, making sure your child doesn't become the parent, what to do if the outlook is grim, and tips for how to live life after cancer.

My Parent Has Cancer and It Really Sucks allows teens to see that they are not alone. That no matter how rough things get, they will get through this difficult time. That everything they're feeling is ok. Essays from Gilda Radner's "Gilda's Club" annual contest are an especially poignant and moving testimony of how other teens dealt with their family's situation.

PRAISE FOR MY PARENT HAS CANCER AND IT REALLY SUCKS

"Wisely crafted into a wonderfully warm, engaging and informative book that reads like a chat with a group of friends with helpful advice from the experts."

Paula K. Rauch MD, Director of the Marjorie E. Korff Parenting At a Challenging Time Program

"A must read for parents, kids, teachers and medical staff who know anyone with cancer. You will learn something on every page."

Anna Gottlieb, MPA, Founder and CEO Gilda's Club Seattle

"This book is a 'must have' for oncologists, cancer treatment centers and families with teenagers."

Kathleen McCue, MA, LSW, CCLS, Director of the Children's Program at The Gathering Place, Cleveland, OH

"My Parent Has Cancer and It Really Sucks provides a much-needed toolkit for teens coping with a parent's cancer. In this honest and heart-felt guide, Marc Silver and his daughter, Maya, present direct, no-nonsense and helpful advice."

Jane Saccaro, CEO of Camp Kesem, a camp for children who have a parent with cancer

"Marc and Maya Silver have skillfully blended the voices of teens, parents and experts...This book is knowing, pragmatic, and attuned to the challenges of growing into one's self while having to attend to a parent's needs."

Barry J. Jacobs, Psy.D., clinical psychologist and author of The Emotional Survival Guide for Caregivers

"A valuable resource for teenagers and their families."

Seth Berkowitz, LCSW, CCLS, Patient Services Manager, Southern Florida Chapter of The Leukemia & Lymphoma Society

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Linda Bryant:

Information is provisions for those to get better life, information currently can get by anyone on everywhere. The information can be a understanding or any news even restricted. What people must be consider any time those information which is from the former life are challenging to be find than now is taking seriously which one is suitable to believe or which one the actual resource are convinced. If you get the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen within you if you take My Parent Has Cancer and It Really Sucks as the daily resource information.

Jamie Gregory:

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