

Suggested Readings:

Black, Jessica. *The Anti-Inflammation Diet and Recipe Book: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies and More*. CA: Hunter House Publishers, 2006. ISBN-13: 978-0-89793-485-5.

Boesky, Amy. *What We have: One Family's Inspiring Story about Love, Loss and Survival*. NY: Gotham Books, 2011. ISBN: 978-1-592-40551-0.

Huddleston, Peggy. *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*. MA: Angel River Press, 2006. ISBN: 0-964-57574-4.

McKay, Judith. and Tamera Schacher. *The Chemotherapy Survival Guide: Everything You Need to Know to Get Through Treatment*. CA: New Harbinger Publications, Inc., 2009. ISBN-13:978-1-57224-621-8.

Rosenthal, Kairol. *Everything Changes: The Insider's Guide to Cancer in your 20's and 30's*. NJ: John Wiley & Sons, Inc.,2009. ISBN: 978-0-470-29402-4.

Salani, Rita and Robert E. Bristow, Editors. *Johns Hopkins Patients' Guide to Ovarian Cancer*. MA: Jones and Bartlett Publishers, 2011. ISBN: 978-0-7637-7437-0.

Sandstrom, Anne. *Trials*. Anne Sandstrom, Publisher, 2009. ISBN: 978-0-578-00853-0.

Van Billiard, Barbara R. *A Feather in My Wig, Ovarian Cancer: Cured Seventeen Years and Going Strong*. NH: Peter E. Randall Publisher, 2005. ISBN: 0-914339-69-9.

Suggested Viewing:

Clark, Katherine W., Producer and Katherine D. Tatlock, Writer. *Outside In*. Motion picture available from Icarus Films, 2 Court Street, 21st flr, Brooklyn, NY 11201.

This list was compiled by Janice Mackin Tangney, MSN, PhD., Yoga and Reiki II Certified, former nursing professor of women's health issues, who looks back 27 years at an ovarian cancer diagnosis with respect for both the frailty and resilience of the human spirit. jltangney@aol.com <http://www.facebook.com/OCAwareness>