

## Healing With Words: A Writer's Cancer Journey

**Publisher:** Loving Healing Press

**Author:** Diana Raab

**Foreword:** Melvin J. Silverstein

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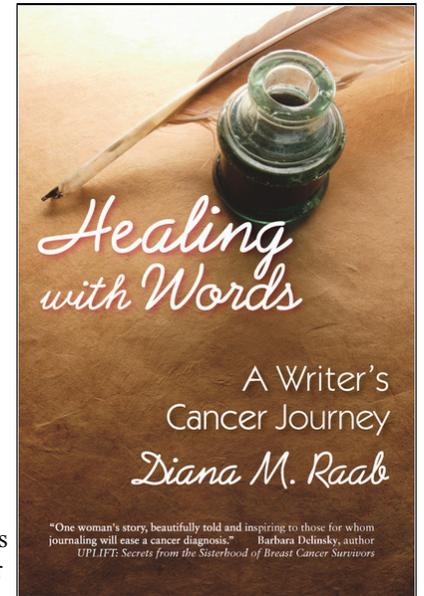
**Trim:** 6.14 x 9.21 (204 pp)

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**BISAC:** HEALTH & FITNESS/Diseases/Cancer  
BIOGRAPHY & AUTOBIOGRAPHY/General  
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**Synopsis:** *Healing With Words: A Writer's Cancer Journey* is a compassionate and wry self-help memoir written by an award-winning prolific author, nurse and poet, who at the age of forty-seven found her life shattered first by a DCIS (early breast cancer) diagnosis and five years later by another, seemingly unrelated and incurable cancer--multiple myeloma. The book includes the author's experiences, reflections, poetry and journal entries, in addition to writing prompts for readers to express their own personal story. Raab's journals have provided a safe haven and platform to validate and express her feelings. Raab views journaling to be like a daily vitamin--in that it heals, detoxifies and is essential for optimal health.



Readers will learn to:

- Understand the importance of early cancer detection and how to take control of their own health
- Discover the power of writing to release bottled-up emotions
- Learn how the process of journaling can facilitate healing
- See how a cancer diagnosis can be a riveting event which can renew and change a person in a unique way

### **Praise for Raab's *Healing With Words*:**

"One woman's story, beautifully told and inspiring to those for whom journaling will ease a cancer diagnosis."

--Barbara Delinsky, author *UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors*

"Time after time, Diana articulates incisively the thoughts and feelings that convey hoped-for meaning and encouragement. She is a woman who knows what it is to live fully in the face of mortality. She will add value to the life of every person who reads this book. *Healing With Words* resonates at a spiritual level for me."

--Sena Jeter Naslund, author of *Ahab's Wife* and *Abundance: A Novel of Marie Antoinette*

Author's proceeds from the sale of this book donated to benefit the Mayo Clinic Foundation

Learn more at [www.DianaRaab.com](http://www.DianaRaab.com)

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