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CONTACT: Shelby Sledge (512) 206-0229

Hope and healing for your breast cancer journey

Chicken Soup for the Soul, Harvard Medical School doctors combine medical advice with inspirational stories

COS COB, Conn. – Every three minutes another woman in the United States is diagnosed with breast cancer. Fortunately, most of them will survive. However, the physical and emotional impact never goes away even after the cancer has been eradicated. Viewing breast cancer as a journey, from diagnosis through treatment to long-term survivorship, and helping women navigate the whole way, is the goal of a unique book from Harvard Health Publication's Dr. Julie Silver and Chicken Soup for the Soul.

In a first-of-its-kind collaboration, Chicken Soup for the Soul Health and top doctors at Harvard Medical School have combined the healing and therapeutic power of storytelling with practical medical advice in a new series of books. In *Chicken Soup for the Soul: Hope & Healing for Your Breast Cancer Journey* (Chicken Soup for the Soul Health, September 2012; 978-1-935096-94-8, \$9.95), Dr. Silver provides readers with inspiration, hope, and truly useful advice for their entire breast cancer journey, from diagnosis and beyond, using examples from Chicken Soup for the Soul stories, from her clinical practice, and from her own experience as a breast cancer survivor.

The healing power of stories has been documented widely, and the medical community is increasingly adding journaling, narrative writing, and other forms of storytelling to therapeutic regimens. *Chicken Soup for the Soul: Hope & Healing for Your Breast Cancer Journey* contains thirty stories from contributors who share the intimate details of how breast cancer has impacted their own lives. You'll hear from Aimee Brady, whose soldier-husband rushed home from Afghanistan to be with her and their three children after she was diagnosed. Aimee's husband, Steve, tells his side of the story, and their children each write their perspectives. Kim Allison, MD, is a pathologist who is usually responsible for diagnosing other women's breast cancer. She shares what it was like to have the "shoe on the other foot." The many contributors weave an amazing blend of humor, compassion and drama into their stories.

Dr. Silver, an award-winning writer and top expert in healing as well as a breast cancer survivor herself, combines the wisdom in these stories with practical, easy-to-follow advice to help readers through their journeys. Readers will learn how to navigate their diagnosis, build their healthcare team, assemble their emotional support team, live in the cancer world and the "real" world at the same time, and heal themselves emotionally and physically when it's all over.

As a noted expert in Physical Medicine and Rehabilitation (PM&R), Dr. Silver realized during her own treatment and recovery that the medical community had not traditionally provided for physical therapy and other rehabilitation interventions for patients after their breast cancer treatment. She is a noted innovator in the field of after-care for breast cancer survivors and was chosen this year by *The Boston Globe* as one of the most innovative people in Massachusetts and *Bloomberg/Businessweek* selected the company she founded, Oncology Rehab Partners, as one of the 12 most promising social entrepreneurial companies in 2012. These awards are in recognition for Dr. Silver's STAR Program® (Survivorship Training and Rehabilitation) Certification that hospitals and cancer centers have adopted throughout the U.S. as a best practices model for helping patients to heal as well as possible from toxic therapies. Dr. Silver's expertise is a particular strength of this book, which fully addresses what patients face after they are "finished" with treatment.

Julie Silver, MD is an assistant professor at Harvard Medical School and the Chief Editor of Books at Harvard Health Publications. She has appeared on many national media outlets, including *The Today Show*, *The Early Show*, *The Dr. Oz Show*, *ABC News Now*, AARP Radio and NPR. You can see more about her work at www.JulieSilverMD.com.

Chicken Soup for the Soul Health is an imprint of Chicken Soup for the Soul Publishing, LLC, the publisher of the famous Chicken Soup for the Soul book series, which is distributed through Simon & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 100 million copies in the United States and Canada alone. Chicken Soup for the Soul titles have been sold in more than 100 countries and translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous brand to high-quality licensees. The company is currently implementing a plan to expand into all media—working on several TV shows as well as a major motion picture, and developing a digital presence dedicated to life improvement, emotional support, inspiration, and wellness. In 2007, *USA Today* named Chicken Soup for the Soul one of the five most memorable and impactful books in the last quarter century. For more information visit www.chickensoup.com.

Harvard Health Publications (HHP) is the media and publishing division of the Harvard Medical School. The goal of its publications is to bring people around the world the most current health information that is authoritative, trustworthy, and accessible. HHP has been publishing award-winning consumer health books since 1996. HHP books are cutting-edge resources for intelligent consumers. The books are penned by Harvard Medical School faculty members, often working with professional writers. HHP authors are internationally renowned for their clinical work and research and have extensive, high-credibility platforms.

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To receive a review copy of *Chicken Soup for the Soul: Hope & Healing for Your Breast Cancer Journey* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.