

## ***Cancer Survivorship Tools: Practical Tips and Inspiration for Emotional Well-being***

Stillwater, MN – Inspired by the pages of her personal journal, Barbara Tako, two-time cancer survivor shares her journey to kick cancer out of her life. Tako's new release, *Cancer Survivorship Coping Tools – We'll get you through this: Tools for cancer's emotional pain from a breast cancer and melanoma survivor*, focusses on emotional well-being of cancer patients, caregivers and their loved ones.

Hearing “you’ve got cancer” are three words you never forget, according to Barbara Tako. For Tako, it was a powerful awakening of panic, pain and emotional turmoil aside from the fear of the treatments she would be enduring. Her words, as written in her journal during her bouts with cancer, offer a deep insight into the healing process from both physical and mental aspects.

*Cancer Survivorship Coping Tools* is an honest, and sometimes humorous account of Tako's process. It features tips for emotional health to foster positivity, no matter where patients are in their personal journey to conquer cancer. The book is a useful tool for family members, friends and caregivers to provide a better understanding of the cancer experience and how they can help.

*“I'll never forget the day my doctor told me I had cancer, or rather the day my life changed forever”* says Barbara Tako. *“Doctors can address all of the medical aspects of your condition, but who picks you up off of the floor after you've been dealt the news and helps you get your 'game face' on? It's my intention to fill that void for cancer patients and their loved ones with this book.”*

Meet Barbara Tako. She's a breast cancer and melanoma survivor, author, organizing/de-cluttering genius and motivational speaker. She holds a B.A. in English and psychology and lives in Minnesota with her husband, children and furbabies.

For more information, visit: <http://www.cancersurvivorshipcopingtools.com>

*Cancer Survivorship Coping Tools – We'll get you through this: Tools for cancer's emotional pain from a breast cancer and melanoma survivor*

By Barbara Tako

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