



# Surviving After Cancer: Living the New Normal

*Anne Katz PhD RN FAAN; AASECT-certified sexuality counselor*

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With so many people surviving cancer and living 'the new normal,' guiding survivors and their families through the phases of recovery has become an imperative. But learning to live as a survivor and dealing with both the triumphs and challenges, including fear of recurrence, depression, life and occupational stress, the need for surveillance for complications and secondary cancers, sex and relationship issues, diet and exercise for a healthy life, can be confusing and difficult. Finding resources to help equip survivors and their families for this new phase can be difficult. However, this book, based on studies and current practice in the area of cancer survivorship, will help guide readers through the most crucial areas of recovery post-cancer. Each chapter presents the story of a cancer survivor who meets the challenges of survivorship and contains tips and solutions for problems encountered in all aspects of survivorship. Readers will not only gain a better understanding of this new phase of life, but will come away with solid advice for leading a healthy and productive life again.

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