

## Printed Resources for Brain Tumor Patients and Families



### Books

#### **100 Questions and Answers About Brain Tumors**

By Virginia Stark-Vance, MD and M.L. Dubay

This is a straightforward answer guide to a variety of questions asked by patients, caregivers, families, and friends. The book covers many different topics including the basics of brain tumors, causes, diagnosis, treatment and related side effects, and emotional coping strategies. *ISBN 0763723088, © 2004.*

#### **Brain Tumors: Leaving the Garden of Eden**

By Paul M. Zeltzer, MD

This comprehensive introductory guide for patients contains basic facts about brain tumors, from symptoms to pain treatment. *ISBN 0976017105, © 2004.*

#### **Brain Tumors: Finding the Ark**

By Paul M. Zeltzer, MD

In this companion guide book to [Brain Tumors: Leaving the Garden of Eden](#), Zeltzer gives detailed information covering many aspects of brain tumors, including complementary and alternative (CAM) therapies, preventing side effects, navigating of the healthcare system, children's brain tumors, and more. *ISBN 0976017113, © 2006.*

#### **Living with a Brain Tumor: Dr. Peter Black's Guide to Taking Control of Your Treatment**

By Peter Black, MD, PhD, FACS, with Sharon Cloud Hogan

This informative book addresses brain tumor diagnosis, tumor types, treatment options, and the challenges of the recovery process. In addition, the book describes the emotional impact of a brain tumor diagnosis on both patients and their loved ones. *ISBN 0805079688, © 2006.*

#### **Handbook for Mortals: Guidance For People Facing Serious Illness**

By Joanne Lynn, M.D. and Joan Harrold, MD

This guide provides practical advice for families facing a life-threatening illness. The resource identifies issues to expect and provides specific suggestions for how to cope. *ISBN 0195146018, © 2001.*

#### **The Anatomy of Hope: How People Prevail in the Face of Illness**

By Jerome Groopman, MD

An exploration into the world of Dr. Groopman's practice as he tries to answer the impossible: "Why do some people find and sustain hope during difficult circumstances, while others do not? What can we learn from those who do, and how is their example applicable to our own lives?" The author explains the differences between real hope and false hope. *ISBN 0375757759, © 2005.*

#### **The Cancer Survivor's Guide: The Essential Handbook to Life After Cancer**

By Michael Feuerstein, PhD, MPH, and Patricia Findley, DrPH, MSW

This guide introduces a self-management program for any cancer survivor. It counsels readers through a step-by-step process of how to take charge of the physical, mental, and emotional challenges that come with surviving cancer. *ISBN 9781569243329, © 2006.*

#### **Chasing Daylight: How My Forthcoming Death Transformed My Life**

By Gene O'Kelly

Author Gene O'Kelly was CEO of a large international firm when he was diagnosed with brain cancer and told he only had a few months to live. His book describes the steps he took to "simplify" his life and create memories as many memories as he could. *ISBN 0071471723, © 2005.*

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## **Navigating Through a Strange Land: A Book for Brain Tumor Patients and Their Families**

By Tricia A. Roloff

Deep and meaningful, this book is “a support group between covers.” Over fifteen patients and family members share their stories, experiences and lessons learned to help with all phases of treatment and recovery. The book includes chapters by doctors and other professionals on healthy coping techniques and an extensive resource directory. ISBN 1577491084, © 2001.

## **I Had Brain Surgery, What's Your Excuse?**

By Suzy Becker

In this illustrated memoir, Suzy Becker takes the readers back to a difficult time in her life as she goes through seizures, brain surgery, and recovery. Becker manages to successfully balance humor and fear by matching humorous sketches with her writing. This personal account focuses on how Becker overcomes the initial loss of memory, humor, and other abilities.

ISBN 0761139796, © 2005.

## **Mom's Cancer**

By Brian Fies

An illustrated novel documenting the story of Brian Fies' mother's battle with lung cancer that metastasized to the brain. The author focuses on the way the cancer affects both the family and the patient. Available at

<http://www.momscancer.com>.

ISBN 0810958406, © 2006.

## **Live Strong: Inspirational Stories from Cancer Survivors**

In this book, survivors from all walks of life talk about what “living strong” in the face of cancer means to them. Available at bookstores and the Lance Armstrong Foundation,

<http://www.laf.org>. ISBN 0767921380, © 2005.

## **When Someone You Love Has Advanced Cancer: Support for Caregivers**

Published by the National Cancer Institute, this booklet is for those whose loved one has been told that he or she has advanced cancer that is no longer responding to treatment. This booklet explores many of the questions and crossroads often faced by caregivers. Available through the National Cancer Institute at **800 421 6237** or

<http://www.cancer.gov>.

## **My Name is Buddy – A Book for Children About Brain Tumors**

The story accompanies Buddy, a golden retriever, on his journey through a brain tumor diagnosis and treatment. This true story uses photographs and narrative to describe Buddy's experiences before and after surgery and talks about his feelings and fears as a brain tumor patient.

[My Name is Buddy](#) includes a CD-ROM with comedian Dom DeLuise as the voice of Buddy. Available free from the National Brain Tumor Society at **800 934 2873** or <http://www.braintumor.org>.

## **Magazines**

### **CURE (Cancer Updates, Research, and Education)**

Quarterly magazine for individuals coping with cancer and blood disorders. Each issue features recent advances in diagnosis and treatment, cancer prevention, clinical trials, cancer news, support group information, and expert opinions in an easy-to-understand format. Visit

<http://www.curetoday.com> or call **800 210 2873** to subscribe.

### **Coping**

Bimonthly magazine for those living with cancer. The magazine's primary purpose is to empower readers with the knowledge they need to cope with the many issues they confront in their daily lives. Published by Media America, Inc. Visit <http://www.copingmag.com> to subscribe.

### **Today's Caregiver**

National magazine dedicated to family and professional caregivers. The magazine provides practical tips and information to help caregivers better provide for their loved one. Visit <http://www.caregiver.com> for more information.

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