

*Writing Your Way through Cancer*, by Chia Martin (2000).

This book emphasizes that writing is a tool that can bring clarity, self-empowerment, and healing. It can help you stay in touch with yourself, express what you need to express, move beyond what you need to move beyond, accept whatever is, and be grateful for what you can. The author shares bits and pieces of her own cancer journey, as well as excerpts from her journal. Whether you write, read, crawl, pray, or shove your way through your cancer, this book offers many ideas for *moving through* your cancer experience.