



# How to Cope Better When You Have Cancer

*William Penzer*

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## **How to Cope Better When You Have Cancer** William Penzer

Having taught "heart and soul givers" with loved ones who have been diagnosed with cancer how to navigate the sea of emotions he came to call Cancerville, Dr. William Penzer now turns his attention to helping people who have been diagnosed with cancer themselves. As a guide on this demanding journey, his goal is to gently take readers by the hand and lift them up onto a horse he calls Hope and help them find ways to be "Dam Strong!" Divided into five key sections pertaining to the various stages of accepting and understanding the land called Cancerville, his advice includes how to calm fears and anxieties, how to deal with emotional ups and downs, how to manage anger and communication, how to keep relaxation and laughter in one's life, and how to draw from both realistic and unrealistic optimism depending on the circumstances. For additional support, each chapter ends with an inspirational story of "Real People Facing Cancer."

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#### **Carol Smith:**

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