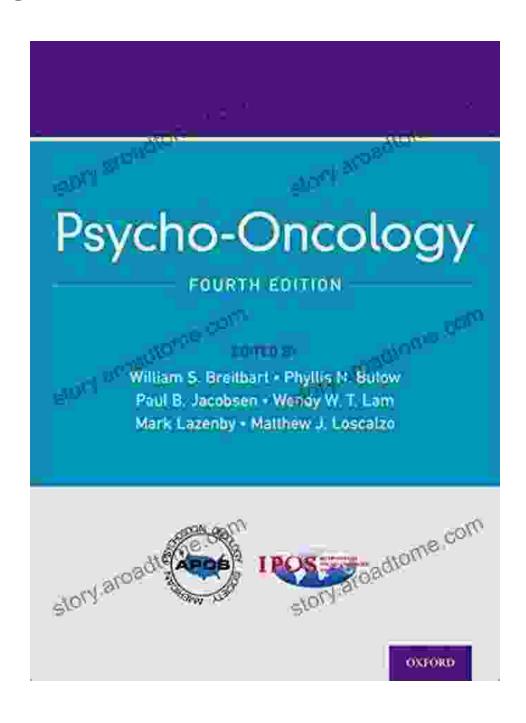
Psycho-Oncology: An In-Depth Exploration of the Psychological Impact of Cancer and Its Management



Psycho-Oncology by Mark Lazenby

★★★★ 5 out of 5
Language : English



File size : 16368 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 868 pages
Lending : Enabled



Understanding the Psychological Toll of Cancer

A cancer diagnosis can trigger a whirlwind of emotions, from shock and disbelief to fear, anxiety, and depression. Psycho-Oncology, a specialized field of medicine, delves into the psychological impact of cancer and provides evidence-based strategies to help individuals cope and thrive.

Mark Lazenby's comprehensive book, "Psycho-Oncology," is an indispensable resource for anyone navigating the challenges of cancer. With meticulous research and compassionate insights, Lazenby offers a roadmap to understanding and managing the psychological consequences of this life-altering disease.

Navigating the Emotional Rollercoaster

Lazenby explores the complex emotions that accompany a cancer diagnosis, including anxiety, depression, and fear of recurrence. He provides practical coping mechanisms to help individuals manage these distressing feelings, such as:

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Cognitive behavioral therapy (CBT)

- Mindfulness-based stress reduction (MBSR)
- Art and music therapy
- Support groups

Improving Well-Being and Quality of Life

Beyond coping with emotions, "Psycho-Oncology" emphasizes the importance of maintaining well-being during cancer treatment and beyond. Lazenby provides evidence-based strategies for:

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- Managing stress and anxiety
- Improving sleep quality
- Reducing fatigue
- Maintaining social connections
- Enhancing physical well-being

Promoting Survivorship and Long-Term Outcomes

The book places particular importance on promoting survivorship and improving long-term outcomes for cancer patients. Lazenby discusses the unique psychological challenges faced by survivors, such as:

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- Adjustment to a new normal
- Fear of recurrence

- Relationship difficulties
- Financial concerns

He offers evidence-based strategies for addressing these challenges and fostering resilience in cancer survivors.

Benefits of Psycho-Oncology

Engaging with psycho-oncology can offer numerous benefits for cancer patients, including:

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- Improved emotional well-being
- Reduced stress and anxiety
- Enhanced coping mechanisms
- Increased social support
- Better sleep and physical functioning
- Improved adherence to treatment
- Enhanced overall survival

Target Audience

"Psycho-Oncology" is an essential resource for:

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Cancer patients and their loved ones

- Healthcare professionals in oncology, psychiatry, and psychology
- Researchers and students in the field of psycho-oncology
- Individuals interested in the psychological aspects of cancer

About the Author: Mark Lazenby

Mark Lazenby, Ph.D., is a leading expert in psycho-oncology with over 30 years of experience in the field. He is the author of numerous scientific publications and books, including "Psycho-Oncology" and "Cancer and the Family." Dr. Lazenby's work has been instrumental in advancing the understanding and practice of psycho-oncology worldwide.

Psycho-Oncology, as described in Mark Lazenby's comprehensive book, is an essential field that provides invaluable support and guidance to cancer patients and their loved ones. By addressing the psychological impact of cancer, psycho-oncology empowers individuals to cope with the challenges of the disease, improve their well-being, and enhance their overall quality of life.

If you or someone you know is facing the challenges of cancer, "Psycho-Oncology" is an indispensable resource that can provide a path to resilience, hope, and improved outcomes.



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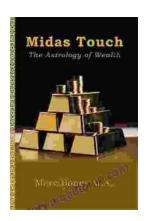
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