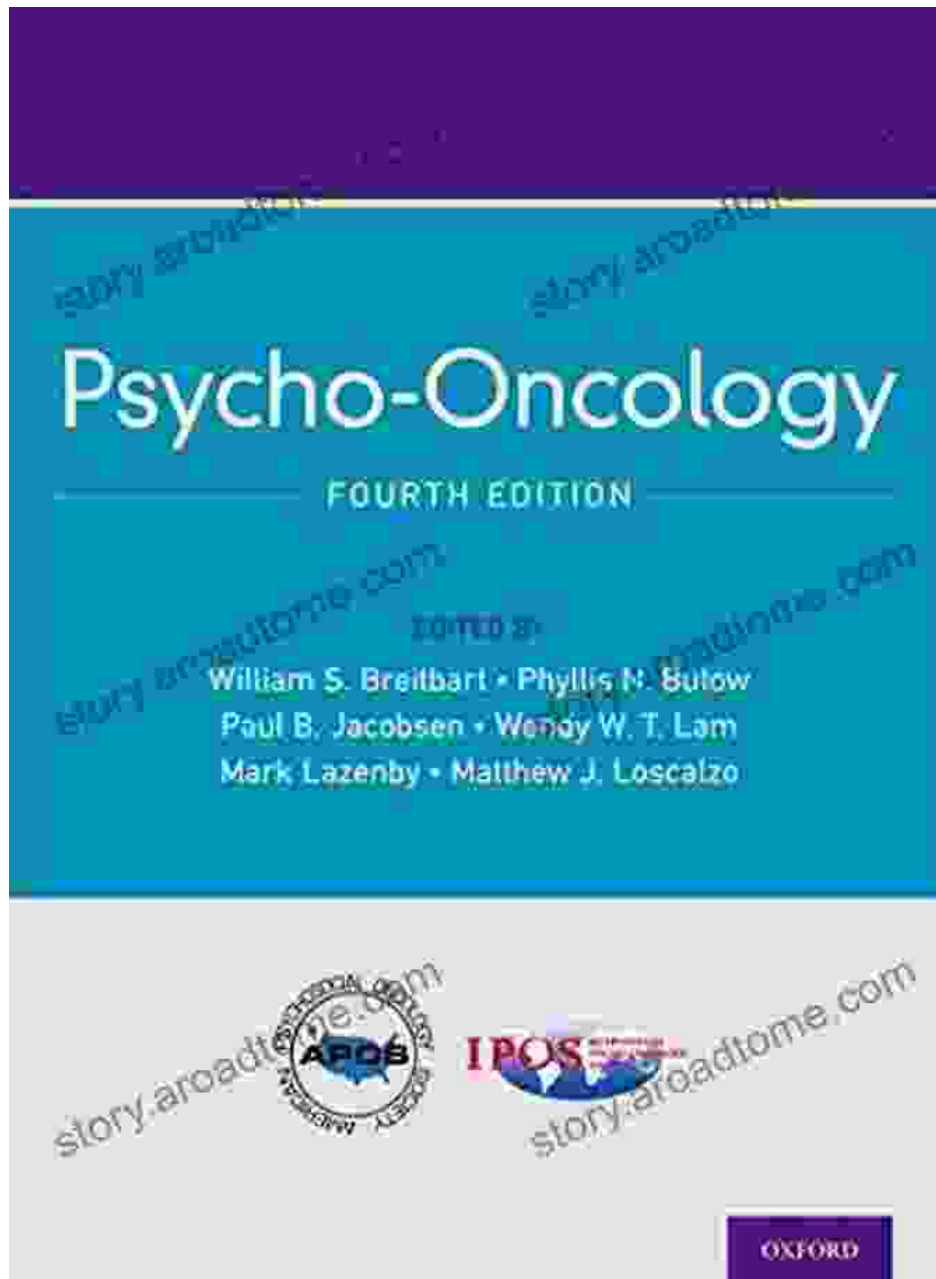


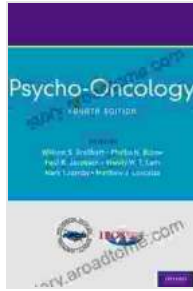
Psycho-Oncology: An In-Depth Exploration of the Psychological Impact of Cancer and Its Management



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

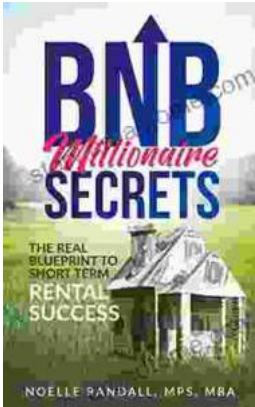
"Psycho-Oncology" is an essential resource for:

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- Cancer patients and their loved ones

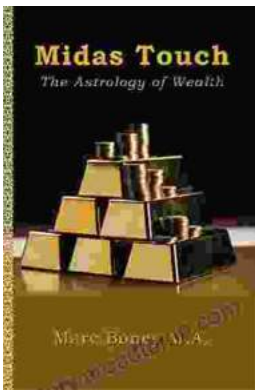
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