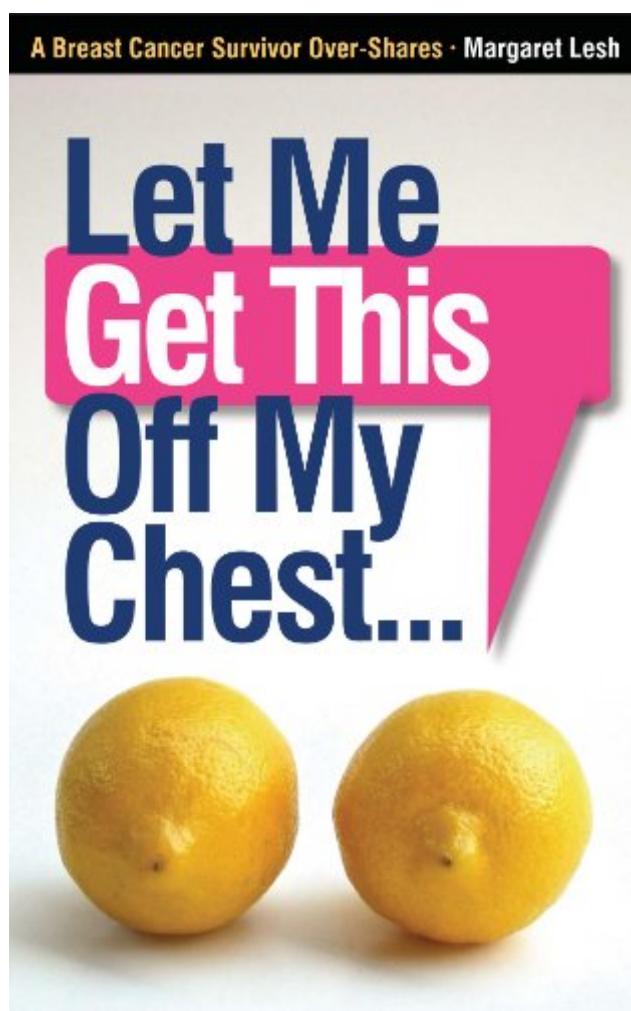


The book was found

Let Me Get This Off My Chest: A Breast Cancer Survivor Over-Shares



Synopsis

Tamoxifen hot flashes, mastectomy, reconstruction, breast cancer etiquette, Frankenboobs, bras with special attachments... Margaret Lesh shares all in her funny, heartfelt collection of essays, anecdotes, and life lessons from the perspective of a two-time breast cancer survivor. She'll tell you when it's okay to play the cancer card, what you should take to the hospital, and gives suggestions on how to cope in those dark moments of the soul. With practical tips sprinkled throughout, *LET ME GET THIS OFF MY CHEST* explores how breast cancer changed her outlook on life, offering honest insights, humor, and sensitivity as she looks for the silver lining in a not-so-great situation. Whether you are a woman diagnosed with breast cancer or whether you know someone with breast cancer, this book was written for you.

Book Information

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Customer Reviews

This is not the first book that I have read (or, I should say, tried to read) on the topic of breast cancer. However, it is the only one that I've finished. My previous reads just brought me to tears. That's not what I was looking for. *Let Me Get This Off My Chest* was exactly what I needed. I am 4 weeks post bi-lateral mastectomy. This book provided me with the information that I needed to feel somewhat normal. I can relate to the writer on almost every level. The subject matter is heavy, duh!, but was handled in a light-hearted manner. It's a quick, easy, and valuable read.

Margaret's story struck a chord with me from the beginning. The book is written in a friendly, nonthreatening way that makes it perfect, in my very humble opinion, as a primer to somebody who's just gotten that call about "suspicious findings" on their mammogram. (I know -- we would have all studied harder had we known we were going to fail the test). I was diagnosed the same day, almost, as one of my son's friend's mothers. She ended up needing chemo. I did not. We shopped for her wig long before she needed it, and Margaret's wig-party chapter brought it all back to me as if it were yesterday instead of 7 years ago. I've often felt "guilty" that I "only" had DCIS. My stage 0 "practice cancer," as I called it, and she touches on that subject as well in a way that after all this time makes me realize that the emotions I have experienced are more common than I realized in the sisterhood of lumpectomy scars and radiation suntans. My annual round of mammograms and oncology visits are in a few days, and of course I'll hold my breath until the technician makes eye contact and says, "Everything looks normal." Each year that passes, I get a little more confident, but recurrence is possible for any of us. Margaret's book reminds me every day is a gift, we're never 100% out of the woods, but whatever happens, I am a survivor.

I am a 40 year old with stage 3 idc, with 2 toddlers. I did 16 rounds of chemo and Im about to have my bilateral mastectomy in a week and im so glad i read this book. Very comforting and informative. Not too technical, almost soothing to read. Finishing it was bittersweet, I didnt want the story to end.
-Liz

This is a must read if you, like me, have had anyone close affected by cancer. You will laugh and cry at Margaret's first-hand experiences. Excellent book with a lot of insight, hope and wisdom.

Written by a two-time breast cancer warrior, this memoir is poignant and funny in turns. It seems to be largely lifted from a blog, which means short, easy to digest chapters. It's a very frank, practical, funny look at how this disease effected one woman and her family. "So my all-purpose advice when

a loved one receives an upsetting diagnosis or has faced the loss of someone dear to them,: at the very least, send a card.Keep it simple and speak from the heart. Don't tell them you know what they're going through, or that it's all for the best, or it's part of God's plan, because they may end up wanting to hurt you."If you are dealing with breast cancer, or know someone who is, I recommend this book as a great way to explore it from the inside.

4 words NO women NEVER wants to hear, but so many do, "you have breast cancer* in that instant your life will never be the same again. So now what, there are acres and acres of books out there to choose from, I just wanted A book to figure out what's next and what are my options. Margaret Lesh walks you through her journey with compassion, tears and humor. I was so happy after reading her book I reached out and send her a message on FB and was invited to join a closed group of other women going through their own ups and downs and decision makings. If you only buy ONE book, let LMGTOMC be that book, and then join us :)

Within hours of receiving this book in the mail, I had read the entire story cover to cover! As I took in the intimate details of Lesh's battle with breast cancer, I felt like I was sitting with a friend in my living room, listening to her personal tale over a glass of wine. Her easygoing and genuine recount of her journey through two rounds of diagnoses, treatments, post-op adventures, and finally reconstruction offered a beautiful mixture of tender emotions and comedic fascination.Lesh revealed the private parts of her story, like bodily reactions to medications, sex, and psychological darkness, with such an art of honest and humorous couth that I appreciated the "overshare" of information.In addition to sharing her personal experience, Margaret Lesh does the reader a favor in listing out tips for caregiving, hospital stays, and post-op comfort plus great resources of information for different phases of the cancer-fighting process.I truly feel that if/when my time comes to battle cancer of any form, I have a comrade who I can turn to for advice, understanding, and most importantly, a good hearty laugh amid the serious business that is cancer.

This is one of the few books that got me crying and laughing at the same time...it is a very detailed description of a survivor from the scary "it" - AKA breast cancer - (amazing how many people don't want to even name it, so much fear it causes). From the diagnosis to the treatments; the anguish, fear, hope: Margaret tells her story without leaving anything out; as speaking to a friend, she shares all her experience and always keeps a positive point of view. I think lot of women - as me - will feel identify with many of the situations in the book and get touched by it.In this book I didn't care how it

is written, it is not for medical advice or anything like that...It is simply a heart-touching tale of fighting and I really hope the "work in progress" as the author calls herself ends well. An essential read for anyone that has gone through the same as Margaret, either personally or through a loved one.

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Breast Cancer Survival Manual, Fifth Edition: A Step-by-Step Guide for Women with Newly Diagnosed Breast Cancer
Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer
Fuck Off, Cancer: Breast Cancer Shaken not Stirred
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