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### **Dealing with Cancer**

***Author Cherie Nobbs Gives Readers a Personal, Sensible Guide of Insight and Coping Skills for Others on their Cancer Journey***

**(Sept, 2009)** – No one expects to deal with the realities of cancer in their lives. Unfortunately, the sad fact is that near 11 million people worldwide are diagnosed with cancer each year. Not only do those 11 million people suffer, their families and friends suffer as well.

Author Cherie Nobbs understands cancer and the pain it brings all too well. Her husband, Butch, was diagnosed with cancer in 2006, passing away in late 2008. In her grief, she set out to help others dealing with this disease. The result is her new book, *Cancer Journey Handbook for Travellers, Carers & Friends*.

Cancer Journey Handbook for Travellers, Carers & Friends is designed to be a handbook that friends, carers or travellers (cancer patients) can use for advice and comfort while going through a cancer journey. It covers emotional & physical side effects of cancer as well as presenting some of the many options available to travellers.

This easy-to-read and understand guide is divided into three sections: one covers carers and friends, how to cope with their feelings and gives some helpful pointers made in a non-clinical way.

The second section covers carers and travellers. It offers helpful advice for the emotional, psychological and physical side of the cancer journey. Nobbs uses her journey as an example, so it is full of personal experiences and insights.

The third section delves into the many aspects of grief, coping strategies and advice for friends of those who are grieving. Before her husband Butch passed away, Nobbs assumed grief was about missing the person who had died. She now understands there are many emotional, mental and physical aspects of grief.

“I believe my book has a gentle caring way of telling people not to be so hard on themselves, to help them make informed decisions and to explore their options completely,” Nobbs said. “If we had known then what I know now, I believe our journey would have had a more enduring, positive outcome.”

“I have learnt so much both from this experience and because I have an inquiring mind. I have never been one to settle an answer to a question; I need a full explanation. I want to share the knowledge I have gained to help others in similar circumstances,” Nobbs said.

To learn more about Cherie Nobbs, or to purchase *Cancer Journey Handbook for Travellers, Carers & Friends*, visit her website at <http://www.cnbe1.com/>.

### **About the Author**

**Cherie Nobbs** has had a lifelong interest in reading and the arts. Her love of reading started as a young child growing up in New Zealand and spurred a love of story and poetry writing. She also enjoys delving into her artistic side, with everything from screen-printing, painting, and photography to journaling on a variety of subjects. Cherie met her husband Butch in 1983 and both knew instantly that they were soul mates. They were married in a surprise ceremony in May 2008 while celebrating 25 wonderful years together with their two adult children, Gaven & Trish, family and friends. Tragically, Nobbs became a widow just five short months later. Though *Cancer Journey Handbook for Travellers, Carers & Friends* is her first book, she is currently working on a book about her husband's journey and another book dealing specifically with grief.



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