

Armed with Chocolate Frogs – Living with advanced breast cancer

A collection of writing from women across Australia with secondary breast cancer.

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When secondary breast cancer is diagnosed it is usually quite difficult to find someone else to talk to who has been through a similar experience. Many women live for years with secondary (advanced) breast cancer and may feel quite alone as they travel this path.

The women who wrote this collection were participants by teleconference and email in a nation-wide writing workshop funded by Breast Cancer Network Australia. Each woman contributed several written pieces – vignettes and some poetry. They wrote from the heart about their own journey and how they coped, or sometimes didn't cope, and how they came to terms with their diagnosis and their changed lives. They have shared their journey in order to help others.

I have not experienced secondary breast cancer but I would return to this book if my situation changed and I developed secondaries, as I found it at once down-to-earth and inspiring. I have also heard several of these women tell their stories at BCNA events, and have been struck by their courage and positive lives. A friend with secondary breast cancer whom I asked to comment said, "I think this book would be an inspirational read for any woman who is dealing with metastatic breast cancer. Most of these women had great attitudes. Give it a go!"

Gillian Woods