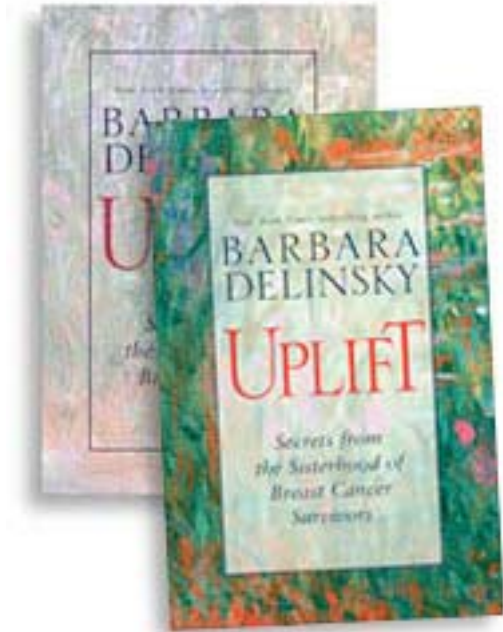


Praise for

UPLIFT: Secrets of the Sisterhood of Breast Cancer Survivors

From the publisher:

"Bestselling author Barbara Delinsky, whose life has been shaped by her mother's breast cancer as well as her own, creates with this book exactly the resource she wished she had for herself during her treatment: one that is filled with helpful tips – both practical and inspiring – that only the women who have already been there can tell us about. Here, readers can find answers to such questions as: Are there certain foods that really satisfy on treatment days? How do I address my surgery with my coworkers? Will I still feel feminine? And what about a sex life? Warm and reassuring, UPLIFT arms readers with the various means by which countless women diagnosed with breast cancer have faced their fears, survived their illness, and bravely gotten on with life and love, career and family."



From the publishing industry:

"For every woman who has feared breast cancer, or has been diagnosed with it, and for the men in their lives, this book is must reading." *Michael Korda, author of Man to Man: Surviving Prostate Cancer.*

"Invaluable ... A sort of support group between covers." *Library Journal*

"Intensely personal and extremely enlightening, UPLIFT is chock full of the kind of information you would want to share with a friend who's been recently diagnosed. Better yet, you should read it yourself and learn how to be the best possible friend to someone during this tough time."
-- *bookreporter.com*

Quotes from readers:

Thank you so much for UPLIFT. It truly was an uplift. I went right out and bought 2 more books to give to two friends, who are also survivors. I am a 2-time survivor. I believe in angels like you who give survivors the uplift we all need now and then. *Donna*

I read many chapters of UPLIFT at a cancer center. My wife is currently going through her third breast cancer in 10 years. I encourage others, especially husbands of women going through breast cancer, to read your book. I have a medical background and I love Dr. Susan's Love's books, but I know of guys who thought that it was too technical and have put her books down. UPLIFT is a good read for non-medical people. Keep up the good work! *Anthony Scordato*

To Barbara and all those who contributed to UPLIFT – Thank you! I was given many books to encourage me through my breast cancer journey, but I continually pick up this one, and read and reread parts as I need them. I cry, I laugh, and I go away, always, encouraged. My last chemo was near the end of January and I continue to regain strength and hair. *Mary in Colorado*

Dear Barbara, Your book was loaned to me today, April 1st by my plastic surgeon. After going through 2 chemo treatments, my hair has started to fall out. I picked up your book and went to the chapter title "Chemo and Hair," and there I read about Val Long who also lost her hair on April 1st! Now that's sisterhood! I will keep reading and thank you for UPLIFT. *Capri*

Barbara Delinsky's UPLIFT has become my constant companion. It has helped in so many ways. The fear was lessened. These survivors talked about things that I was worrying about. There are so many good things in this book. It has been a tremendous help and comfort. *Crystal*

Thank you for UPLIFT! It helped me to maintain some semblance of sanity while I was awaiting my diagnosis. Since then, it has been my "Bible of Hope". *Lauren*

Barbara, I have to say a very big THANK-YOU for UPLIFT! I have just finished reading it and have had so much comfort from this fantastic book! *Carole Greenwood, UK*

Dear Barbara, Thank you for writing this book! I received my copy yesterday and I'm almost done reading it. I'm starting chemotherapy on Monday and the chapters on chemotherapy have put my mind at ease. Thank you again! *Renee*

I just finished reading Barbara's book, UPLIFT. I found out about it on the ACS web site and could not put the book down until I read it all. I am a one year survivor, and I wish I would have had the book when I was first diagnosed. There were so many helpful hints from the sisterhood. It is a club none of us asked to join, but now that we are permanent members our one goal is "survival." Thank you for doing this book. *Marti Troxel*

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The Barbara Delinsky Charitable Foundation for Breast Cancer Research was established to distribute the author royalties from ***UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors***. The foundation's gifts, totalling more than \$150,000, have been instrumental in the establishment of a one-year fellowship at Massachusetts General Hospital that offers a surgical oncologist an additional year of training focused on innovative breast cancer treatments and research. The fellowship is now in its third year.

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