



The Thinking Woman's Guide to Breast Cancer – author bio

About Janet Maker, Ph.D.

140 characters

Janet Maker, Ph.D. is author of *The Thinking Woman's Guide to Breast Cancer*, a book that helps patients take charge of their medical care.

50 words

Janet Maker, Ph.D. is author of *The Thinking Woman's Guide to Breast Cancer: Take Charge of Your Recovery and Remission*. The book helps patients find the information they need to make the best decisions about their own treatment and the best ways to stay in remission.

100 words

When Dr. Janet Maker was diagnosed in 2011, she, like most people, knew almost nothing about breast cancer. She didn't feel safe simply following her doctors' advice, so she used her academic research background to understand all her treatment options and the success rates and side effects for each one. After her treatment was over she researched the best ways to remain in remission. *The Thinking Woman's Guide to Breast Cancer* is the story of her journey and the things she learned along the way. It is the book she wished she had before, during, and after her treatment.

About the author

Dr. Maker received her B.A. in English from UCLA, her M.S. in Social Work from Columbia University, and her Ph.D. in Educational Psychology from the University of Southern California. She began her career as a social worker, child welfare worker, and psychiatric social worker.

After several years, she switched to Education, and worked as Coordinator of the USC Reading Center while earning her Ph.D. She became an expert in College Reading, and she taught at several colleges and universities in the Los Angeles area. She set up the Reading program at Los Angeles Trade Technical College and retired from there with the rank of full professor. Working with a co-author, she wrote seven of the leading textbooks in the field of College Reading, published by Wadsworth and Prentice-Hall. Her background in academic research was a big help when she was diagnosed with breast cancer in 2011.

As of now, she has no evidence of breast cancer, but she is at high risk for recurrence or metastasis, so she is not able to simply return to her former life. Working with an integrative oncologist, she follows a program of diet, supplements, exercise, mental/spiritual practices, and avoidance of environmental carcinogens.

Dr. Maker lives in Los Angeles with her two dogs. She loves traveling, dancing, blues music, food, Spanish, animals, and the outdoors.

Meet the author

I was diagnosed with breast cancer in 2011. It was found by accident on a chest x-ray, and I was shocked. There was no history of breast cancer in my family, and I never thought it could happen to me.

My second shock was encountering the medical establishment and its “standard of care.” They wanted me to follow their program of surgery, chemotherapy, radiation, and hormones even though those things don’t work for many people, and even though they have serious side effects. I wanted to make my own informed decisions, but, like most people, I knew next to nothing about breast cancer. I had to scramble to find what information I could under the pressure of time, knowing that the cancer could be spreading.

The personal became political as I encountered the cancer establishment with its one-size-fits-all standard of care, the corporations responsible for the carcinogens in the environment, research funded by the corporations, legislators who rely on corporate contributions to keep their jobs, and the cancer charities that take corporate money in return for pinkwashing.

“*The Thinking Woman’s Guide to Breast Cancer*” is the story of my journey and all the things I learned. In some cases I learned them too late; some of my decisions would have been different if I had known then what I know now. I realized that I had to write this book to empower others to take charge of their care.

As of now, I have no evidence of breast cancer, but I am at high risk for recurrence or metastasis, so I am not able to simply return to the life I had before. Conventional cancer care offers periodic tests to see whether the cancer has returned, but it does not offer anything beyond hormone therapy to prevent the cancer from returning. The problem is that if it returns it will likely no longer be curable. I had to go outside of conventional oncology, where I found a lot of evidence that changing one’s “terrain” can keep the cancer dormant. Working with an integrative oncologist, I follow a program of diet, supplements, exercise, mental/spiritual practices, and avoidance of environmental carcinogens.

I hold a Ph.D. in Educational Psychology from University of Southern California, a M.S. in Social Work from Columbia University, and a B.A. in English from University of California, Los Angeles. I am retired from a career as a professor and author of textbooks in the field of College Reading, and my academic training was a big help in doing the research for this book. I live in Los Angeles with my two dogs. I love traveling, dancing, food, blues music, Spanish, and the outdoors.

The Thinking Woman’s Guide to Breast Cancer

www.twgbreastcancer.com

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