

# The Thinking Woman's Guide to Breast Cancer

## Take Charge of Your Recovery and Remission

Janet Maker, Ph.D.

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**ABOUT THE BOOK:** Dr. Maker's book is intended to empower breast cancer patients to go beyond the current one-size-fits-all "standard of care" and make the decisions that are best suited for themselves and their loved ones. Because of her research background, Dr. Maker was able to uncover a great deal of information that is not commonly known to patients. This information helped her make informed decisions about her own treatment, and it also helped her make the lifestyle changes she hopes will keep her in remission. This is the book she wished she had before, during, and after her treatment.

The standard of care, consisting of surgery, chemotherapy, radiation, and hormone therapy, are not always successful: 40,000 women die every year in the United States after undergoing treatment, and many more are harmed by serious side effects. In order to make informed decisions, patients need to understand all the treatment options and survival rates, and all the side effects. Readers may not make the same choices as Dr. Maker did, but the information she lays out will enable them to make choices that are best for themselves.

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**ABOUT THE AUTHOR: Janet Maker, Ph.D.** is retired from a distinguished career as a professor and co-author of seven of the leading textbooks in the field of College Reading, published by Wadsworth and Prentice-Hall. Dr. Maker lives in Los Angeles. Her website ([www.twgbreastcancer.com](http://www.twgbreastcancer.com)) offers a free weekly newsletter, blog, important resources, and a direct contact to Dr. Maker.

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