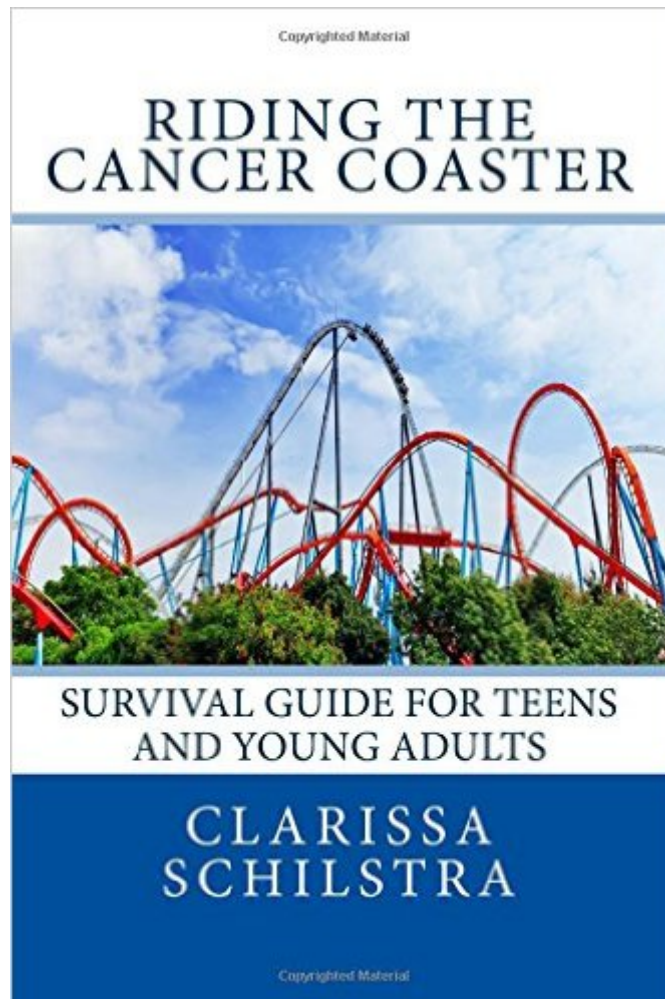


The book was found

# Riding The Cancer Coaster: Survival Guide For Teens And Young Adults



## Synopsis

A diagnosis of cancer is devastating at any age. For teenagers and young adults, it presents a unique challenge both socially and emotionally. You strive for independence, but cancer leaves you completely dependent on those around you. At an age when you want nothing but to be with your peers, isolation resulting from a compromised immune system leaves you starving for social contact. When you should be able to start setting goals for the future, you are confronted with the possibility of having no future at all. This all makes staying positive very difficult. Through her own experiences as a two-time cancer survivor, and previous teen cancer patient who faced a forty percent chance of survival, Clarissa Schilstra has learned a great deal about all of these challenges and how to cope with them. In the pages of this book, she shares those stories and strategies, in an effort to provide a guide through the emotional roller coaster that is cancer treatment and life as a cancer survivor. A foreword by Lori Wiener, PhD, DCSW, FAPOS is included.

## Book Information

Paperback: 82 pages

Publisher: CreateSpace Independent Publishing Platform (October 24, 2015)

Language: English

ISBN-10: 1514208083

ISBN-13: 978-1514208083

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #587,273 in Books (See Top 100 in Books) #28 inÂ Books > Teens > Personal Health > Diseases, Illnesses & Injuries #67623 inÂ Books > Health, Fitness & Dieting

## Customer Reviews

Insight, inspiring, but so real. A great resource and phenomenal book.

There tends to be a lack of helpful resources dedicated to teens who discover they have cancer. The author has a unique perspective having lived through leukemia as a young child and then again as a teenager. Her words will help young patients through the initial shock as well as the long term treatment process. Very encouraging and informative for teens and young adults and their families.

This is a phenomenal book. Clarissa tells her story in a very real and frank way, while remaining

relatable to the reader. I have the privilege of knowing her personally, and because of that was really aware of the honesty from her in this book. I can very clearly hear her voice throughout the pages -- she writes as herself, without a front or "brave face." I would definitely recommend this to anyone dealing with a difficult time or loss, even if it is not directly related to cancer. I look forward to continuing to watch Clarissa work to help those with a similar journey to her own.

The book was very well written, a good read.

What an amazing resource for teens and young adults. Schilstra's informed and very personal viewpoint makes this a must-read.

Clarissa Schilstra offers meaningful advice and heartfelt encouragement to young adults and teens who are battling cancer. Inspiring and insightful!

Clarissa is one of the most inspiring people I know with a unique gift for compassion and advocacy. She has the personal experience to back up her words and connect with any young reader who is going through, or has gone through cancer treatment.

A book I would recommend in a heartbeat

[Download to continue reading...](#)

Riding the Cancer Coaster: Survival Guide for Teens and Young Adults Training and Riding with Cones and Poles: Over 35 Engaging Exercises to Improve Your Horse's Focus and Response to the Aids, While Sharpening Your Timing and Accuracy Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor 450 Years of the Spanish Riding School (English, French and German Edition) To Wear or Not to Wear? A Teen Girl's Guide to Getting Dressed: What to Do When Your Mom or Dad Say's "You are Not Leaving THIS House in THAT Outfit! ... Books for Teens and Young Adults) (Volume 1) The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity Coloring Book: Enjoy and set your Mind at Peace: For Adults and Teens Coloring Book Fantasy Garden: Relaxing Designs for Calming, Stress and Meditation: For Adults and Teens Riding Home: The Power of Horses to Heal Total Control: High Performance Street Riding Techniques, 2nd Edition Life Is a Wheel: Memoirs of a Bike-Riding Obituarist Generation iY: Secrets to Connecting with Today's Teens & Young Adults in the Digital Age The Anxiety Survival Guide for Teens: CBT

Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Social Skills for Teens: The Teaching Guide for Smile & Succeed for Teens Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy The Death Of Money: Economic Collapse and How to Survive In Global Economic Crisis (dollar collapse, preppers, prepper supplies, survival books, money) (SHTF Survival) (Volume 5) Elephant Coloring Book For Adults: An Adult Coloring Book of 40 Patterned, Henna and Paisley Style Elephant (Animal Coloring Books for Adults) (Volume 2) Horse Coloring Book For Adults: An Adult Coloring Book of 40 Horses in a Variety of Styles and Patterns (Animal Coloring Books for Adults) (Volume 6) Easy Coloring Book For Adults: An Adult Coloring Book of 40 Basic, Simple and Bold Mandalas for Beginners (Beginners Coloring Books of Adults) (Volume 1) Ocean Coloring Book: Underwater Coloring Book for Adults containing Seascapes, Fish, Sealife, Coral, Sea Creatures, Marine Life and More (Coloring Books for Adults) (Volume 1)

[Dmca](#)