



# The Psychological Impact of Breast Cancer: A Psychologist's Insight as a Patient

*Cordelia Galgut*

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*'It's rare to find a professional in the field of health care who understands the psychology of such a frightening experience and who has also been through it herself. Cordelia's book will ring true to every woman who has experienced breast cancer and will I hope offer insight to doctors and nurses.'* **From the foreword by Jenni Murray OBE** What is it like to experience breast cancer? This book presents rare and valuable insights into the impact of diagnosis treatment and prognosis from a woman who has experienced breast cancer as both patient and as health professional. It informs and educates readers about the psychological realities of living with breast cancer of treatments such as surgery and radiotherapy and the impact of social and historical attitudes to the breast and breast cancer on a woman's experience of the disease. The conflicts Cordelia Galgut experienced between conventional wisdom and her own first-hand experience are explored vividly and reflectively. *The Psychological Impact of Breast Cancer* is vital reading for medical and mental health professionals and trainees working with breast cancer patients and for those who are affected by or have an interest in the condition. *'The aim of this book and the way forward is to understand that we must all be more sensitive to the feelings of patients and to the suffering uncertainty and sense of vulnerability that this disease imposes upon them.'* **Dr Carmel Coulter in her Foreword** *'This book has helped me understand the complexities that my patients present and has turned me into a better doctor. It has eased my way along the road that I now travel as a cancer survivor.'* **Dr Cathy Roberts in her Foreword**

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