



The Prostate Health Workbook: A Practical Guide for the Prostate Cancer Patient

Newton Malerman

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Cancer specialists worldwide know that proactive, assertive patients cope better with the discomforts of cancer treatments and live longer. Many men, however, postpone or avoid medical care or deny their worries and fears when diagnosed with prostate cancer. The Prostate Health Workbook, based on the author's research, his experience as a cancer patient, and his discussions with other men, helps men take an active role in their treatment and recovery. Twenty-five worksheets enable readers to thoroughly understand their illness, exercise all available treatment options, and cope with emotional and sexual difficulties.

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